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Middle East
January 2018
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Veganuary inspiration

Recipes free from meat, fish, eggs & dairy



Mexican bean soup with shredded chicken & lime

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Welcome to January!



January, the month to bring back balance. In this issue of *BBC Good Food Middle East*, it's all about health and wellness. And no, that does not mean boring lettuce bowls, deprivation of whole food groups (carbs are *not* the enemy!) and fad diets. It means approaching food with a healthier outlook and indulging on ingredients that are packed with natural flavour, nutrients and vitamins.

After December's onslaught of festive indulgence, it's time to blow away the cobwebs, ditch the super-stretch trousers, and start enjoying a balanced diet once more.

We have healthy meal plans for both non-vegetarians and vegetarians from p29 and p48. Whether your goal is to lose weight, eat less sugar or boost your immune system, these plans are here to assist and feature easy-to-make, delicious recipes to help keep you on track and reach your targets.

This month, we also bring focus to vegan-friendly recipes in celebration of Veganuary *(veganuary.com)* – the month-long global movement to inspire people to try the vegan lifestyle for January and throughout the rest of the year, if they wish. We have recipes on p66 *(Vegan pasta suppers)* and p68 *(Vegan sweet treats)*, if it's something you fancy giving a whirl.

In line with all things balance, this issue also highlights destinations across the Middle East that are ideal for revitalising, re-energising and relaxing, combining a trip to the spa, fitness class or gym, with a nutritious meal *(p80)*.

May your year ahead be abundant with culinary adventures, and happiness, in and out of the kitchen.

Till next month,

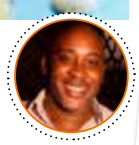
Sophie
Editor

WHAT WE'RE LOVING!



"This guacamole & mango salad with black beans is easy to make – a must-try for those eating healthy this month," says sales executive, Liz.





Sales director, Michael says: "If you're having trouble getting your kids to eat their veggies, these layered rainbow pots are a great dish to try!"





"Believe it or not, this garlicky mushroom penne is free from both eggs and dairy," says graphic designer, Froilan.

goodfood Middle East

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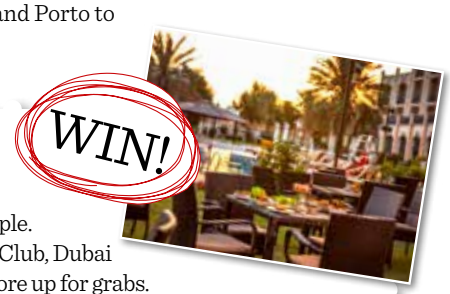
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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

YOUR SAY

We love hearing from you!

STAR LETTER



As a keen cook, I always look forward to the inspirational recipes from BBC Good Food Middle East magazine, and was quite delighted to see the 'Bake a snowman' on page 118 of the December 'Festive Issue'.

I baked it for my daughter's class holiday party on December 14. For the snowman's head I used a square tin, as I did not have the hemisphere cake tin (with the busy festive assignments I didn't have time to go to Lakeland, but thanks for letting the readers know of the store it is available at). I shaved the corners to recreate a round head, which was a bit hard, but eventually I accomplished the round effect.

All of her teachers and classmates loved it immensely, even the teachers from other classrooms came to compliment the creativity of my snowman. With all the praise, I will definitely be preparing it again to impress by in-laws during their visit to Dubai for Christmas.

Thanks for organising my festive menu – having BBC Good Food ME makes life in the kitchen far easier.

Ruth Misquitta



I have been a subscriber to your magazine for over four years now and the annual 'Festive Issue' is without a doubt always my favourite. The three different styles of turkeys saved me in this kitchen over the holidays as we hosted quite a few parties and each time I wanted to try out something different. Thanks BBC Good Food ME!

James Godfrey



After eagerly awaiting the results of the BBC Good Food ME Awards, it was great to see who won in each of the categories in the December issue. I've not been to a lot of the restaurants, so it seems I have a big list of new places to check out this year! Happy New Year, foodies.

Trena Rivett

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola,** the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



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with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.

In a nut shell

Packed with protein, fibre and essential fats, unsalted nuts are one of the best snack buys around. A 30g portion is a satisfying snack and offers a mix of vitamins and minerals. Here are just some of the nutrients in different types of nuts...

Walnuts – omega-3
Brazil nuts – selenium
Almonds – calcium & vitamin E
Cashews – iron, zinc & magnesium
Pecans – antioxidants & vitamin B3
Pistachios – vitamin B6 & potassium





HOME WORKOUTS

If you're struggling to get back into the swing of things after the indulgent festive season, try these three ways to exercise, all from the comfort of your living room.

1 Start with a gentle warm up that works the muscles you're about to use. Perform exercises carefully and with control to avoid injury.
2 Make the most of ad breaks to perfect basic moves such as squats, lunges, press-ups, mountain climbers and sit-ups.
3 Get creative with your 'equipment' – soup cans double as light weights, a pair of tights can be used as a resistance band, and a non-slip chair is ideal for tricep dips.

THE BEST BITES

Text SOPHIE MCCARRICK & SARAH LINEARDI | Photographs SUPPLIED



Fashion meets kitchen

If you're looking for a way to glam up your kitchen this year, feast your eyes on the new range of appliances from Smeg's latest collaboration with Dolce & Gabbana, which has launched at Better Life stores. The collection called 'Sicily is my Love' comprises a selection of small and large kitchen appliances such as toasters, juicers, coffee machines, kettles, blenders and refrigerators, all decorated with a selection of objects and influences inspired by Southern Italy. Motifs include gold lemons, citrus fruits, prickly pears and bright red cherries. In Dubai, Better Life is present in Mall of the Emirates, City Centre Mirdif and Al Ittihad Road in Deira. In Abu Dhabi, the stores can be found at Al Raha Mall and Dalma Mall.



GETTING BACK ON TRACK

Looking for tips to get back on track after the festive season? Health experts Dr. Lanalle Dunn, Founder of The Chiron Clinic and Dr. Enas Othman, Family Medicine Specialist at Snowdonia Medical Centre, have compiled advice on how to maintain a healthy mentality and gut this year.

Make time for breakfast – Dr. Lanalle recommends a healthy breakfast, over a greasy fry up, to start the day feeling energised and refreshed, even if you are lacking sleep. Salmon, avocado, eggs and asparagus are very high in protein, whilst berries, sprinkled over yogurt or porridge, are jam packed with fibre and can support a healthy digestive system.

Stay calm and hydrated – Dr. Lanalle also suggests that we are often not hungry in the morning but dehydrated. If you have an event planned in the evening make sure you drink plenty of water throughout the day (recommended 6-8 glasses), these can also include herbal teas and flavoured water (slices of cucumber and mint is a simple addition that can help to flush out toxins).

Watch your portion sizes – Dr. Enas says that it is better to have smaller portions throughout the day than one large meal at dinner.

Avoid the sugar highs and lows – Dr. Enas explains that blood sugar can rise after several cups of coffee, black tea and energy drinks, so limit yourself to no more than 2-3 throughout the day. Dried fruits also may seem like a healthy choice, but be conscious they contain lots of sugar. To lower your sugar levels, natural yoghurt can help and increasing intake of vegetables. Keep sweet treats to small servings to support a healthy and balanced diet.



Skip the lines

Fancy yourself a barista? The Barista Express by Breville, creates espressos from bean to espresso in less than a minute – all from the comfort of home. Featuring an integrated conical burr grinder, this machine cuts down the time between grinding and extracting. Professional-grade features include a 15 bar pump, PID regulated temperature control, and swivel mounted steam wand that allows you to hand-texture the micro-foam necessary to enhance the flavour of the coffee and create latte art. With its high quality die-cast casing and streamlined design, the Barista Express means business. Skip the line and make delicious coffee drinks at home morning, noon and night. Priced at Dhs3,379 including VAT, The Barista Express is available from Dubai Garden Centre, Betterlife stores in Dubai and Abu Dhabi, Crate & Barrel in MOE and Mirdiff City Centre, Galeries Lafayette and Bloomingdales in Dubai Mall.



Guilt-free refreshments at Kite Beach

Home-grown organic coconut brand, Thirsty Camel, has started serving Nam Hom coconuts on Kite Beach in Dubai. Thirsty Camel coconuts from Thailand are handpicked from organic, sustainable, biodiverse local farms, and cooled to under four degrees within a few hours from being picked from the tree to keep them completely fresh and with the same great taste as the moment they were picked. They're served up chilled on Kite Beach – and they're soon to be available in organic stores too, or delivered to your home.

The water from the fresh, young green coconuts is fat-free, low in sugars and calories, and rich in electrolytes and vitamins, as well as hypoglycemic and hypotension-inducing compounds such as calcium and potassium – acting as a great refreshment for those looking to revitalise this January. Nam Hom coconuts are known as the aromatic coconut, and they are picked at nine months old, at the point at which they have the maximum amount of fresh hydrating water. Visit thirstycamel.cool.



CAFFEINE KICK

Coffee fans rejoice! A morning cup of your favourite brew can give your workout a boost. "Research continues to show that caffeine before exercise can improve performance by reducing the perceived exertion" says James Collins, performance nutritionist. "Everyone has an individual response to caffeine, so make sure you experiment with a cup in training before trying this on the day of an event or race."

The future of farming

The GCC's first commercial vertical indoor farm, Badia Farms, has launched in Dubai. Using the latest hydroponic technology and vertical farming techniques, the farm produces nutritious and pesticide-free leafy greens without the need for sunlight, soil or chemicals.

Badia Farms has been established by Saudi Arabian entrepreneur Omar Al Jundi and British agricultural expert Grahame Dunling (pictured), with a vision to develop sustainable and innovative solutions to growing food. By 2030, global food demand is predicted to increase by 50%, putting pressure on governments to find a solution that provides food security. The region's hostile growing environment remains a major barrier to the agriculture industry, resulting in heavy reliance on food imports, with the UAE currently importing more than 80% of its food requirements.

Omar Al Jundi, founder and Chief Executive Officer at Badia Farms, said: "Our mission is to provide fresh, nutritious and chemical free produce that is bursting with flavour and grown right here in Dubai. The UAE is one of the most popular places in the world for fine dining and hospitality, yet most of our food is imported, travelling thousands of miles before it reaches our plate. Through vertical indoor farming methods we can dramatically reduce the carbon footprint and grow leafy greens that are fresher, tastier and delivered from farm to table within hours."

The farm produces an extensive range of micro-greens and baby leaf herb varieties which adds complex flavours to salads, main dishes, sandwiches and soups. The micro-greens, including arugula, kale, radish, red cabbage, basils, and mustard, are packed with antioxidants and rich in nutrients. Visit badiafarms.com.





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Flavours of the month

Here is what's hot and happening around town this month.

New on the block

Salt, La Mer North

Salt's newest Dubai location, La Mer North, is now open and offers 'salters' something a little different. Expect a laid-back vibe, 'nitro' coffee, sliders, fries and softie buns at the 'Surf House'. The interior of the space is inspired by an industrial surf shop, while the bar area is open, friendly and inviting. Surf House slider options include the black melt, made up of Wagyu beef, barbecue-sriracha sauce, crispy cheese melt, grilled onion served in a black bun, and the big salter comes with a double Wagyu beef, biggie sauce, lettuce, tomato, pickles, cheese, served in a black double bun. *Visit find-salt.com.*

B'dou Café, City Walk

B'dou Café, an ode to the traditional Bedouins of the region, has opened its doors at City Walk Dubai. B'dou Café offers a menu featuring a fusion of local flavours with international appeal. Expect breakfast items like Saudi shakshouka, halawa French toast, and rose chia pudding, plus a variety of grills, sandwiches and burgers like the lambchop burger. For those with a sweet tooth, the dessert menu boasts items like cardamom sponge cake with lemon and lime cream, plus date crème caramel and deconstructed baklava cheesecake. *Call 04-2288775 or visit bdoucafe.com.*

The Lunchbox low carb, healthy meal delivery

New healthy meal delivery service, The Lunchbox low carb, offers healthy meals delivered to your door daily. All meals are gluten free, sugar free and low carb. The macronutrients for each dish are available online and on the container allowing you to select each dish to your preference. The Lunchbox low carb rotates a new menu every week keeping the dishes fresh and exciting. The meal plans start from Dhs193 for lunch weekly, Dhs760 for lunch monthly or Dhs1,490 for lunch and dinner monthly (5 days a week). Meals and meal plans can be ordered online from *lowcarb.ae* or *via phone on 800-LUNCH (58624).*

Salt, La Mer North

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



Senara Restaurant, The Palm Jumeriah

Nestled in the heart of Palm Jumeirah, Senara is a friendly relaxed British bar and restaurant on the water's edge of Palm Jumeirah's Marina, boasting some of the best views in town. Senara offers great food made from locally sourced produce, and an expansive drinks menu. For those on the healthy track this January, Senara has a wide range of nutritious options on offer, including the likes of smoked salmon and eggs, classic eggs benedict, smashed avocado on toast with heirloom tomato salad, and much more. You'll also find a tempting selection of smoothies, with flavour combinations including mango, passionfruit, pineapple with coconut, and beetroot, apple, ginger and basil. With an open outdoor terrace that's perfect for the Middle Easter winter weather, enjoy unobstructed views with great British breakfast classics and raw blended juices. *Call 04-4516460 or visit senararestaurants.com.*

Karma Kafe, Souk Al Bahar

Did you catch the 2017 world record-breaking lightshow at Burj Khalifa on NYE? If not, then fear not; Dubai has extended the extravagant event until March 2018. To enjoy the lights over a bite, head to Karma Kafe's terrace, which overlooks the hotspot. Serving Pan-Asian cuisine, the menu includes dishes like miso black cod with pickled bamboo shoot and ramen, salmon tataki with herb miso, tea smoked salmon with ginger mirin glaze and Japanese plum coulis, tuna carpaccio with anchovy aioli and truffle oil, plus rack of lamb with miso roasted aubergine and shishito pepper tempura. The light show takes place at 8pm every Tuesday, Wednesday and Saturday, and 10pm on Thursday, Friday and public holidays.

Every Tuesday from 6pm onwards, ladies can enjoy three complimentary beverages and 50% off the menu, and for the girls joining with boys, they can enjoy 25% off the bill for their mixed group. *Call 04-4230909 or visit karma-kafe.com.*





Maison de Juliette, La Mer

Maison de Juliette, an eatery inspired by the beauty of Aix-en-Provence, recently launched its flagship café at the newly opened waterfront destination La Mer North in Jumeirah Beach, Dubai. With a chef hailing from Paris, expect to find dishes on the menu to include the likes of all-day breakfast items like salmon omelette and eggs, salads and sandwiches like le sandwich steak oignon and le toast burratine along with soups like Juliette's signature onion soup. Open from 10am to 12am, Sunday-Thursday 8am to 1am, Friday to Saturday. *Call 04-3855532 or visit maisondejuliette.com.*

Azure Beach, Rixos Premium, JBR

There's nothing quite like a Saturday spent in comfort, stretching out, indulging with delicious food and beverages. Soak up the sun with healthy treats at Azure Beach at its weekly Saturday brunch from 1pm to 4pm. Expect service to your sunbed, with bottomless packages priced at Dhs225 with soft drinks, Dhs345 with house beverages, and Dhs445 with bubbles. *Call 052-7779472 or e-mail info@azure-beach.com.*





Flow, Jumeirah Emirates Towers

While New Year's resolutions often kick off with a strong commitment to eating well and exercising more in the first few days of January, bad habits typically return with a vengeance come week two. Luckily for those intent on sticking to their fitness pledges in 2018, Flow, the popular health hub at Jumeriah Emirates Towers, has launched the Flow January Detox – a set-menu meal plan comprising breakfast, lunch and an afternoon snack that is designed to provide a total body reset for the coming year and draw a line under festive season indulgence. Available at Dhs625 for five days of meals, the programme focuses on detoxifying and anti-inflammatory ingredients and runs throughout January, with the aim to cleanse the body while taking the hassle out of shopping and food prep. With dairy-free, sugar-free and gluten-free options available in abundance, meals comprise a structured balance of fruits, veg and lean proteins in nutrient-dense dishes including egg-white omelettes, quinoa and pistachio-crusted salmon and, of course, smashed avocado on toast. *Visit flowdubai.com.*

New brunches in Dubai

Le Petit Belge, JLT & Business Bay



A new brunch experience will debut at Le Petite Belge this month. Launched at the JLT Pullman Hotel location from January 5 and Hilton Doubletree, Bay Square in Business Bay from January 12, the 'Take the Shot' brunch experience offers has an array of Belgian dishes such as assorted croquettes, steak tartare, Flemish beef stew, garlic cream mussels and Belgian waffle cones. Taking place every Friday from 1pm - 4pm, brunch is priced at Dhs325 with house beverages, Dhs425 with sparkling and Dhs199 with soft drinks. *Call 04-5215900 or visit lepetitbelge.com.*

Ravioli&Co., DIFC

DIFC's newest Italian trattoria has launched a three-course business lunch for Dhs89. Diners can choose one starter from three options including burrata, funghi gratinati, or a small tartare. Main course options include tagliatelle al ragù, ravioli di melanzane, and gnocchi alla romana. For dessert, indulge with tiramisu con Nutella or Bonnet. *Call 04-2411616 or see raviolandco.ae.*



Galvin Dubai, City Walk

Galvin Dubai, the stylish restaurant and bar from famed chef brothers Chris and Jeff Galvin, has introduced an unconventional culinary experience that showcases a carefully crafted 3-course prix fixe menu and can be combined with a drinks package. The new Friday and Saturday 'The UnBrunch' will offer the finest of Mediterranean Basin cuisine with starters such as seabass carpaccio, confit duck and spiced fig samosa, and pressed chicken terrine. For mains, enjoy dishes like homemade comté tortellini, roast pavé of sea bass as well as grilled beef sirloin and braised lamb shoulder – not forgetting profiteroles or Valrhona chocolate fondant to finish. The prix fixe menu is priced at Dhs185 per person and is available from 12pm – 4pm. *Visit galvindubai.com.*

Mazina, Address Dubai Marina



If you're looking for a place to enjoy time as a whole family, every Saturday at Mazina enjoy a wide variety of specially-themed dishes as you (or the kids) dress up as a pirate or mermaid at a child-friendly brunch from 12.30pm to 3.30pm every Saturday from January 13 onwards. With prizes for the best-dressed pirate or mermaid, there is entertaining activities and fun for everyone. Follow the map to find the buried treasure. Get a temporary tattoo and lay siege to the bouncy castle. Priced at Dhs330 per person, including soft beverages, Dhs460 per person, including house beverages and Dhs622 per person including house beverages and free flow bubbly. Children aged 5 and below, dine with compliments. *Call 04-8883444 or e-mail dine@emaar.com.*

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Tried & tasted

Each month, we review two of the city's top tables.





Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.







Where?
STAY BY YANNICK ALLÉNO, ONE&ONLY THE PALM, DUBAI

Dining experience: Dinner

What's it like? Located in one of Dubai's most exclusive, boutique hotel's, STAY (the acronym for Simple Table Alléno Yannick) is a French fine dining restaurant that oozes elegance, refinement and savoir-faire. Considered one of the world's best chefs, Yannick Alléno is recognised internationally for his role at the forefront of innovation in French gastronomy – with three Michelin stars to his name and a 31st place ranking on the World's 50 Best Restaurants 2017 list for his restaurant Alléno Paris. Although he's not always present at STAY, his team ensure culinary and service standards are kept world-class. With indoor and outdoor seating, STAY is beautifully decorated with black crystal chandeliers, rich tones, vaulted ceilings, gleaming silverware and pristine white table cloths. The spacious venue ensures privacy and intimacy, lending itself as the perfect venue for sharing a romantic occasion with your other half.

What are the food highlights? Open for dinner, the menu at STAY combines traditional French technique with contemporary ideas. In addition to à la carte, seasonal tasting menus are a regular occurrence here, showcasing premium ingredients like white truffle and foie gras at a set price. During our visit, we chose from the main menu.

The experience began with a delightfully fresh dish of king crab salad with frothy green pea cream and onion emulsion, followed by my favourite dish of the evening, a langoustine and caviar tartlet with lemon butter sauce. The tartlet's pastry was beautifully light and not too thick. Inside, the pressed langoustine presented as a meaty filling and complemented wonderfully with the salty caviar taste and subtle lemon butter drizzled delicately atop – divine!

For mains, as per recommendation from our server, I had the restaurant's signature dish of succulent Black Angus beef tenderloin 'Café de Paris', which came served with pommes frites and black pepper sauce, while

Photographs SUPPLIED

my dining partner enjoyed a dish of poached wild turbot with foie gras, sweet and sour turnip and beef jus, both cooked and plated with skill and attention to detail.

Dessert at STAY is quite the occasion for those with a sweet tooth, as a unique Pastry Library in the main dining room allows guests to sample a range of flavours at the interactive counter, while the chef prepares dishes in front.

Served to the table, we enjoyed Périgord chestnut tuiles that were delightfully crispy, fine and paired well with the Cognac jelly and moorish creamy filling – all topped with gold leaf, because this is Dubai after all.

How was the service? The team at STAY are welcoming and refined. Service is attentive, yet discreet and unobtrusive, always keeping it classy and professional.

The bottom line: STAY proves that fine dining need not be pretentious and stuffy. Surroundings are comfortable, romantic and simply elegant. Whether it be for a special occasion with date night with a loved one, or with a select group for a high-quality dining experience, the restaurant is ideal for those looking to share a memorable evening.

Before dinner, head to 101 Dining Lounge and Bar at the hotel's private marina for an aperitif while the sun sets over the water – it's a blissful sight.

Want to go? Priced at around Dhs400 for three-courses, without beverages. For more information or to make a reservation, call 04-4401030, e-mail restaurants@oneandonlythepalm.com or see oneandonlyresorts.com/one-and-only-the-palm-dubai.

Where?

STK JBR, RIXOS PREMIUM DUBAI

Dining experience: Dinner

What's it like? Representing the brand's first Middle Eastern outpost, STK has launched at Rixos Premium Dubai hotel on JBR. Well-established in destinations including the likes of London, New York City, Los Angeles, Las Vegas, Toronto and more, STK is a high-energy restaurant that serves up high-quality steak with a side of party.

Combining a restaurant, lounge, hidden terrace, and a large bar area that features an overlooking DJ deck, STK JBR is spacious venue able to seat up to 220 people. Inside, the vibe is upbeat, cool and trendy. Upon entering I instantly feel in the mood for a fun night out, with the DJ playing some of the best music I've heard in a restaurant for a long time – a great mix of old and new infectious favourites, that type that gets everyone singing and dancing along.

Dimly lit with spotlights highlighting tables and monochrome artwork on the walls, STK has a chic yet industrial feel. Beautiful pink and white flower displays, white leather booths with soft curves and a light, waved ceiling feature give the restaurant a very feminine feel that's welcoming and elegant.

What are the food highlights? The menu here highlights classic steakhouse favourites, with a strong American influence. To start, the roasted octopus dish was the winner for me. Seasoned with smoked paprika, the tender, meaty tentacle came served with green olive, and eggplant-chickpea puree, which all blended beautifully and packed a lot of flavour. From the raw bar we also tried the tuna tataki with seaweed salad and shredded celery, dressed with sesame aioli and ginger soy.





For mains, steak is the obvious option here, however there are a generous selection of meat-free dishes such as butternut squash fregola, roasted salmon, passion fruit miso black cod and more. For steak, the meat is USDA prime beef and is offered in small, medium and large servings, for cuts like fillet, flank, striploin, ribeye, t-bone and tomahawk. Plus, there's an option for prime cuts of American, Japanese or Australian wagyu, grade seven.

My dining partner and I enjoyed a 200g fillet and a 300g striploin, which were both grilled to a perfect medium-rare temperature and well-rested. On the side, the creamed spinach and mac & cheese were great accompaniments.

For those with a sweet tooth, the dessert menu options include comforting dishes like cheesecake and chocolate fondant.

How was the service? The front of house team here is friendly and super energetic. They are well-versed on the menu and offered great dish recommendations.

The bottom line: It's a great venue for a lively evening with a small group of friends or family, or even for a more upbeat date night with your other half, that allows you to dress up a bit or go smart casual.

Want to go? Priced at around Dhs350 for three-courses, without beverages. For more information or to make a reservation, call 04-3941832 or e-mail info@stkdubaijbr.com.

IS THIS THE **future** *OF FOOD?*

Robot arms, smart fridges and holographic shop assistants – don't get left behind. Here's our guide to the technology that's shaping our foodie lives...

words TONY NAYLOR





Moley's robot chef

In the last five years, technology has transformed the way we cook. 'People no longer just want to read recipes in the kitchen,' says Hannah Williams, *bbcgoodfood's* Head of digital content, . 'They want to get inspiration on the commute, share ideas with mates on social media or buy ingredients lying in bed.'

The next steps in food tech will be equally profound. ***A combination of the 'internet of things' (new, web-connected household appliances) and artificial intelligence (machines that learn from us)***, means that everywhere food is about to take a massive leap into the future. But what will the rise of intelligent ovens, robot chefs, voice-activated shopping and lab-grown steaks, mean for you? How will it affect you in the kitchen, at the supermarket, in what you choose to eat? Read on...



DIGITAL RECIPES

Be it Amazon's Alexa walking you through recipes, your oven suggesting what you should cook or baking in real-time with friends online, the way we discover recipes is changing.

First you asked mum, then you bought cookbooks, but now online hubs such as *bbcgoodfood.com* enable you to browse thousands of recipes in seconds using key filters (ingredient, diet, season etc.). 'Whether it's offline in-app access to favourite recipes or quick inspiration videos on Facebook, we make sure people can get what they want conveniently,' says BBC *Good Food*'s Hannah Williams.

That thirst for convenience explains why – imagine: your hands are covered in eggs and flour – voice-control will be the next big thing. Experian found *51% of US users keep their Amazon or Google voice-assistant in the kitchen and you can now 'ask Alexa' to talk you through 60,000 recipes.* Bosch is developing the voice-activated kitchen helper, Mykie. 'It can project recipes onto walls and connect you with other users, perhaps in another country. Share a recipe and it'll guide you both,' says group innovations manager, James Kington.

Most smart appliances have built-in cookbooks, accessible via a screen or app. Next, fitted cameras will constantly monitor cupboard and fridge contents and – prompted by compatible ingredients or use-by dates (you can already do this manually with the Eat By app (*eatbyapp.com*) – suggest suitable recipes. 'Even if the label's the wrong way round, you can now train systems to identify items by packaging,' says Craig Wills, managing director at product design studio, Hi Mum! Said Dad.

That artificial intelligence, the ability of machines to recognise ingredients and learn how they work together, is potentially explosive. At Massachusetts Institute of Technology, the Pic2Recipe team fed one million recipes and food images into a device that can already identify individual ingredients/dishes and provide recipes for them with around 20% accuracy.

Soon you will be able to photograph a restaurant dish and instantly pull down recipes for it. Will that change what we eat? 'It's thrilling,' cautions Williams, 'but we're creatures of habit. Every Sunday, the most viewed recipe on *bbgoodfood.com* is Yorkshire pudding.'

SMART KITCHENS

Clever ovens, camera-enabled fridges, coffee machines that remember you and food processors that want to chat. The kitchen is taking on a life of its own.

Traditionally, appliances were lifeless. Ovens just sat there. Fridges were cold and stand-offish. But the kitchens of tomorrow (of today, in fact, if you can afford a Dhs10,000 fridge), will be integrated hubs in which web-connected smart appliances work with you. 'Whether it's a coffee machine remembering your preferred settings or a smart oven managing your baking,' says Jordan Halifax, an electricals expert at John Lewis.

Using the Home Connect app, owners of top-end Bosch products can – remotely – look at the ingredients in their camera-enabled fridges, turn their ovens on, adjust their temperature and heat modes or import complex pre-sets for, say, eight-hour pork belly. Humidity sensors and meat-probes assess, in real-time, precisely how the food is cooking.

In the US, the June Oven's internal camera (imagine watching your roast chicken bronze in close-up HD – just $1,495!), can identify foods, weigh them and choose a correct cooking setting. As image recognition improves, says Craig Wills, *'Cameras will be able to tell if something's perfectly cooked based on its colour or how it's risen.'*

If you think that sucks all the fun out of baking, then you will hate Moley's robot chef. Due to launch in 2018 (price tbc; Moley is reportedly aiming for under Dhs100,000 long-term), this is not a kitchen C-3PO. It will not wash-up and take the bins out. Instead, the Moley robot is two fixed, over-stove robotic arms that when given ingredients, will cook dishes to pre-programmed recipes. It is modelled on the movements of 2011 *MasterChef* winner, Tim Anderson.

'In San Francisco, there's a robot that can make 400 burgers an hour and, as they become affordable, they'll creep into our kitchens,' says Noel Sharkey, emeritus professor of artificial intelligence at the University of Sheffield (and star of BBC's *Robot Wars*). However, he adds, it will be 'a very long time' before we see autonomous robots winning Michelin stars. Abstract creativity stumps robots. Humans may have a future after all.





Robot food shopping deliveries are the future



Amazon has been trialling drone deliveries in the UK for a year

> **Just Eat has already completed 1,000 unmanned takeaway deliveries**

SCI-FI SHOPPING

That British institution, the weekly big shop, is wobbling as we enter a world of online voice-ordering, instant robot delivery and mobile shops with holographic staff.

Picture this: 6pm, Wednesday. On the train after work, you open your kitchen app. You tap the fridge icon and a list of its contents appears. In a 'suggested recipe' box you can see you have 85% of the ingredients for lasagne, but the app, also connected to your smart cupboards, knows you're out of pasta sheets. It asks if you want to buy them from your usual online supermarket? *You add a bottle of grape to the order, tap 'deliver now' and, immediately, your supermarket dispatches the items by drone.* An hour later, you arrive home and your shopping is waiting in a secure doorstep delivery box.

Is this the future? Broadly, yes. Though drones may not take-off. The logistics are complex. But several supermarkets already offer one-hour delivery within London, where – using Starship Technologies' self-driving, app-accessed robot delivery vehicle – Just Eat has already completed over 1,000 unmanned takeaway deliveries. Likewise, Tesco is trialling robot-delivery and Ocado driverless vans in the UK.

Retailers are competing furiously to offer us a hassle-free shopping experience. Hence Amazon's Dash buttons: branded, WiFi-connected buttons through which you can reorder products with one touch. They may be gimmicky ('How many buttons do you want cluttering your home?' asks Emma Weinbren from retail magazine, *The Grocer*), but other innovations, such as intelligent voice-ordering – the ability to compile a list for delivery via Amazon's Alexa or Google Assistant – will likely be huge. Ocado recently launched a UK voice service with Amazon.

This does not mean shops will disappear. *We foodies, for instance, may always prefer to browse for fresh ingredients.* But shops will look different. Forget self-service tills. Operators are experimenting with mobile, unmanned stores (Shanghai's Moby Mart, Seattle's Amazon Go), where, using cameras, sensors and phone apps, registered users can shop and just walk out, paying automatically. No check-outs. No queues. Just a holographic shop assistant at the door. Change will be both radical and gradual, says Weinbren: 'Amazon shouldn't be underestimated but, realistically, I can't see it surpassing the UK's big four supermarkets in the next decade. Interestingly, Ocado has said it won't replace drivers altogether. People value the service they provide.'



21st-CENTURY HEALTH

Fitness gadgets and food-tracking apps are helping some but health tech is, arguably, not quite up to speed.

Not so long ago, fitness wearables (Fitbit-style activity monitors) and food-tracking apps were seen as transformative. We would know how many calories we had eaten each day, how many we had burned, act accordingly and the weight would drop off. Increasingly, that is seen as wildly optimistic. For health-freaks all that data (heart-rates, nutritional stats, steps this, calories that) is compelling. But for couch-potatoes, unless paired with structured, motivational fitness programmes, it can be bewildering, if not depressing: a constant reminder of your failings.

The quality of food-tracking apps varies widely, too. Fooducate (*fooducate.com*) proactively analyses food, assessing the quality of calories and suggesting healthier alternatives, but that's rare. MyFitnessPal (*myfitnesspal.com*) runs on a database that contains over six million foods. Few trackers are that comprehensive, which can be frustrating if you cannot find the nutritional information you need for a specific branded product or restaurant. Moreover, says Dr Susan Roberts, director of the Energy Metabolism Laboratory at Boston's Tufts University, all that searching databases, scanning barcodes or typing foods into your tracker app is 'Boring. Many people sign up, but many don't use them.' A reliable visual app that could 'see' your food would simplify the process, but, for now, *Roberts is helping develop a voice-activated tracker that people talk to*: 'The prompts and advice I can provide in a heartbeat, when we get good recording programs.'

> **"All that searching databases, scanning barcodes or typing foods into your tracker app is 'Boring. Many people sign up, but many people don't use them.'"**

THE FUTURE IS HERE

Mind-melting foodie innovations that are already here... or near

1 Instant everything Affordable delivery will transform how we eat, says Craig Wills: 'With delivery services such as Quiqup (*quiqup.com*), you could get a picnic delivered in Hyde Park, if in the UK.

2 Pan-ic over Smart-pans such as Pantelligent (US-only, $129, *pantelligent.com*), whose temperature sensors link to a prompt app on your phone, could mean an end to dry salmon.

3 The icing on the cake Augmented reality phone apps allow you to insert imagery into real life. For instance, In The Kitchen, an app from Food Network (*foodnetwork.com*), you can test out decorations on just-baked cupcakes.

4 Bee bots You want your apple tree to pollinate? Then we need more bees; possibly self-piloting robot-bees. Critics say it's bonkers, but evangelists are buzzing about these prototype micro-drones.

5 Bakery hack Bosch's intelligent Optimum food processor (from Dhs2,500, *bosch.com*) automatically knows when to stop beating egg whites or mixing dough.

6 The printed curd Precision 3D food printers such as the Foodini ($4,000, currently for professionals only; *naturalmachines.com*) are appearing in high-end kitchens. Will we get the next generation to eat their greens by creating crazy 3D shapes from peas? Some experts think so.

7 Hangover cure Professor David Nutt's 'alcosynth' is a liquid compound which mimics alcohol's pleasant effects without any unhealthy side-effects. By 2050, he predicts, alcohol will be off the menu.

8 Fuss-free food-tracker In development, AutoDietary is a mic-enabled necklace that, by recording sounds as we chew, knows what we're eating and can calculate its calories.

9 Purple reign Boffins plan to extract the purple antioxidants, anthocyanins, from Peruvian corn, to use as an all-purpose, health-boosting natural colouring. Violet eggs, anyone?

10 Wheely useful Walmart has patented a robotic shopping trolley that will follow customers. Where did we put that Dirham coin?

Photographs MOLEY ROBOTICS, SIMON BIRT/STARSHIP, AMAZON, GETTY IMAGES, MATTHEW KAY/ALAMY STOCK PHOTO AND ROB WALLS, UNIVERSITY OF BUFFALO AND ANNA HALDEWANG/SCAD

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HEARTY BREAKFASTS

Treat yourself to a hearty yet healthy start to the day





Simple nutty pancakes



Ready in a flash, these nutty pancakes will keep you full all morning. The recipe can also be easily doubled.

MAKES 4 PREP 5 mins
COOK 5 mins EASY V

150g self-raising flour
½ tsp baking powder
1 large egg
150ml milk
2 tbsp agave syrup, plus extra to serve
50g mixed nuts, chopped
2 tbsp rapeseed oil, for frying

1 Put the flour and baking powder in a bowl with a pinch of salt. Make a well in the centre, then add the egg, milk and agave. Whisk until smooth, then fold in half the nuts.
2 Heat 1 tbsp oil in a non-stick frying pan over a medium-high heat. Spoon two ladles of the mixture into the pan and cook for 1 min each side. Repeat this step with the rest of the mixture to make two more.
3 Serve with a drizzle of agave syrup and the remaining nuts for extra crunch.

PER PANCAKE 333 kcals • fat 15g • saturates 2g • carbs 39g • sugars 9g • fibre 2g • protein 9g • salt 0.6g

Creamy yogurt porridge with pear, walnut & cinnamon



Sweet crunchy pears and cinnamon make a perfect topping for this warming bowl of creamy porridge.

SERVES 1 PREP 6 mins
COOK 3 mins EASY V

3 tbsp (25g) porridge oats
150g 0% fat probiotic plain yogurt
1 ripe pear, sliced (keep the skin on)
4 broken walnut halves
couple pinches of cinnamon

1 Pour 200ml water into a small non-stick pan and stir in the porridge oats. Cook over a low heat until bubbling and thickened. (Alternatively, put the water and oats in a deep container to prevent spillage, and cook for 3 mins on high.) Stir in the yogurt – you can either use all of it, or keep half back to dollop on top.
2 Pour the porridge into a bowl, top with the slices of pear and the walnut halves, then sprinkle with cinnamon.

PER SERVING 341 kcals • fat 12g • saturates 1g • carbs 41g • sugars 27g • fibre 8g • protein 16g • salt 0.4g

Apple & clementine Bircher



Apple juice-soaked oats with warming cinnamon, a scattering of pomegranate seeds and clementine segments make a great low-fat winter breakfast.

SERVES 4 PREP 10 mins plus overnight chilling
NO COOK EASY V

200g porridge oats
½ tsp ground cinnamon
500ml apple juice
4 apples, grated (we used Braeburn)
2 clementines, segmented
1 tbsp flaked almonds, toasted
2 tbsp pomegranate seeds

1 The night before, mix the oats with the cinnamon in a large bowl. Stir in the apple juice and grated apple, cover with cling film and leave overnight in the fridge.
2 In the morning, stir through the clementine segments, divide between four bowls, then scatter over the almonds and pomegranate seeds.

GOOD TO KNOW low fat • fibre • vit c • 2 of 5-a-day
PER SERVING 336 kcals • fat 6g • saturates 1g • carbs 56g • sugars 27g • fibre 8g • protein 11g • salt none

Kale, tomato & poached egg on toast



Kale smothered in a runny yolk and scattered with feta – this breakfast has it all, and is ready in less than 10 minutes!

SERVES 2 PREP 2 mins
COOK 7 mins EASY V

2 tsp oil, for frying
100g ready-chopped kale
1 garlic clove, crushed
½ tsp chilli flakes
2 large eggs
2 slices multigrain bread
50g cherry tomatoes, halved, to serve
15g feta, crumbled, to serve

1 Bring a large pan of water to the boil. Heat the oil in a frying pan over a medium heat and add the kale, garlic and chilli flakes. Cook, stirring occasionally, for 4 mins until the kale begins to crisp and wilt to half its size. Set aside.
2 Adjust the heat of the pan so the water is at a rolling boil, then poach your eggs for 2 mins. Meanwhile, toast the bread.
3 To serve, top each piece of toast with half the kale and an egg, then sprinkle with the cherry tomatoes and feta.

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day
PER SERVING 251 kcals • fat 12g • saturates 3g • carbs 18g • sugars 2g • fibre 3g • protein 15g • salt 0.8g

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dinner dash SPINACH

Transform a bag of spinach with our three quick meal ideas

recipes MIRIAM NICE ***photographs*** TOM REGESTER

Cheat's gnudi

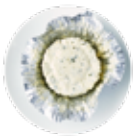
SERVES 2 V

Put the spinach in a large colander set over the sink. Pour boiling water over, then leave to cool and drain. Squeeze out the excess moisture, then blitz in a food processor with the cheese, breadcrumbs and some seasoning. Rub some oil on your hands, then shape the mixture into 20 balls. Cook in a pan of boiling, salted water for 2 mins. Scoop out, season and drizzle over some oil and scatter over the cheese.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 502 kcals • fat 36g • saturates 23g • carbs 24g • sugars 3g • fibre 2g • protein 19g • salt 1.8g


200g bag spinach

+


150g garlic & herb Boursin

+


100g fresh breadcrumbs

+


2 tbsp grated parmesan (or vegetarian alternative)

=



Spinach & chickpea dahl

SERVES 2 V

Heat oven to 220C/200C fan/gas 7. Drain the chickpeas, reserving the liquid, then tip ½ of them onto a baking tray, season, drizzle over 2 tsp sunflower oil and roast for 15 mins. Wilt the spinach in a frying pan with 1 tsp sunflower oil, then add the coconut cream, remaining chickpeas and pickle. Mix well and simmer for 3-4 mins, squashing the chickpeas with the back of a spoon. Add a splash of the chickpea liquid if it looks dry. Sprinkle the roasted chickpeas on top and serve with naan bread.

GOOD TO KNOW vegan • folate • fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 522 kcals • fat 38g • saturates 25g • carbs 26g • sugars 7g • fibre 8g • protein 15g • salt 0.4g


400g can chickpeas

+


200g bag spinach

+


160ml can coconut cream

+


1 tbsp aubergine pickle

=



Spinach & halloumi salad

SERVES 4 V

Slice the halloumi and griddle for 3-4 mins each side until charred, then set aside. Tip the spinach and half the mint onto a large platter. Segment the oranges and pour any orange juice from the chopping board into a bowl, and squeeze the pith to get juices from there too. Scatter the orange pieces over the spinach. Chop the remaining mint and mix with the orange juice, 2 tbsp olive oil and some seasoning. Place the halloumi slices on top of the salad and pour the dressing over. Serve with warm flatbreads.

GOOD TO KNOW calcium • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 297 kcals • fat 21g • saturates 11g • carbs 10g • sugars 9g • fibre 2g • protein 17g • salt 1.9g


250g halloumi cheese

+


200g bag spinach

+


2 large oranges

+


1 bunch mint, leaves only

=



Food stylist ESTHER CLARKE

DUKES
DUBAI



ORTHODOX CHRISTMAS AND **RUSSIAN NEW YEAR**

Enjoy a celebratory buffet dinner in our signature restaurant, where Russian specialties will be served. Feast on Borsch, Shashlik, Kiev Cutlets, Napoleon and Kvass. Beverage packages available for bubbly and spirits.

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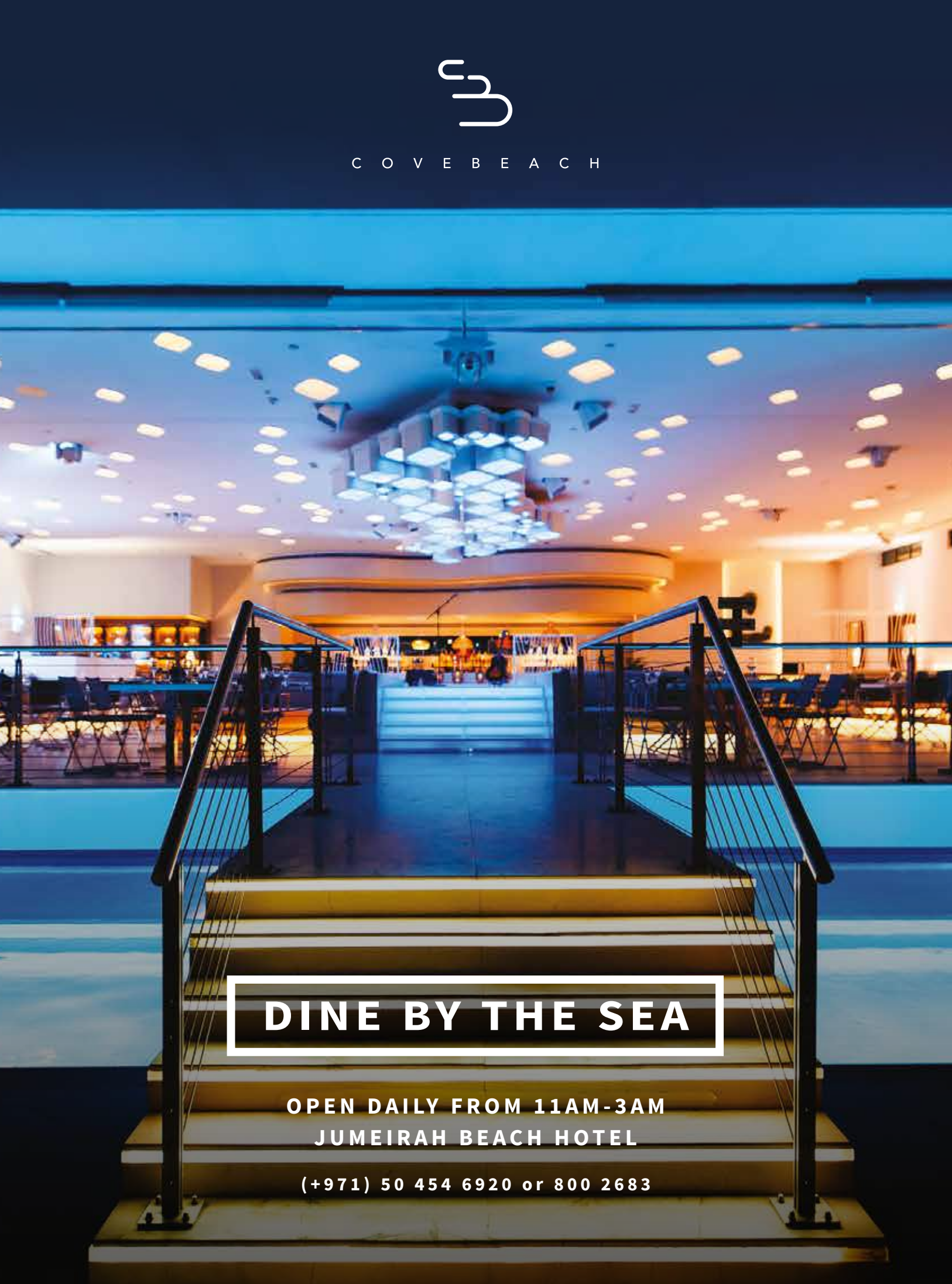
Date and Time:
Orthodox Christmas – 6 January 6:30 ,2018 pm – 11:00 pm
Russian New Year – 13 January 6:30 ,2018 pm – 11:00 pm

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gf healthy diet plan

Eat yourself healthy

Whether your New Year goal is to lose weight, eat less sugar or boost your immune system, we're here to help. Our exclusive 7-day diet plan features easy and exciting new recipes, plus expert advice to help you maximise the results

recipes SARA BUENFELD ***nutritional therapist*** KERRY TORRENS ***photographs*** MIKE ENGLISH

Get started

Our approach to good health is simple: we believe in eating a balanced diet packed with wholefoods. Like all our diet plans, this one steers clear of processed foods and is full of healthy fats, lean protein and slow-release carbs – and includes vegetarian and vegan dishes.

As a result, you'll cut back on added sugar, lose excess pounds, improve your digestion, boost your immunity, and find you've got extra energy too.

How to use the plan

You can see at a glance what you'll eat for every meal over the seven days. These delicious breakfasts, lunches and dinners give you an optimum balance of nutrients. Plus, each day provides more than five of your 5-a-day and keeps within the recommended Reference Intake (RI) for fats, sugar, salt and kcals, while following the latest guidance on 'free' sugars.

If this is a new way of eating for you, our nutritional therapist, Kerry Torrens, suggests you start by introducing some of the recipes a day or two before starting the full seven-day plan. This will allow your digestive system time to adapt to the more fibre-rich foods.

Choose good fats

Fat is in most of the foods we eat – meat, fish, nuts, seeds, grains, dairy and eggs. Eating these wholefoods is a healthier way of getting this essential macronutrient, which we need for good skin, to boost our mood, improve concentration and focus, as well as for a well-functioning immune system.

Our recipes include ingredients like full-fat yogurt rather than processed low-fat versions, and rapeseed oil, which has less than half the saturated fat of olive oil. That's because all fats are not equal – avoid processed, refined fats and oils, and limit (but don't exclude) the saturated variety.

Cut down on sugar

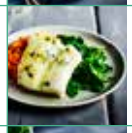
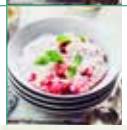
We've used naturally sweet ingredients like fruit, dried fruit and sweeter-tasting veg, such as beetroot, so that we can slash the added 'free' sugars in our recipes. This is the most painless way to cut your sugar intake after a festive season of overindulgence.

6 simple ways to go that extra mile

1. Swap one of your regular teas or coffees for green tea. Loaded with polyphenols, which help protect our cells against damage, it has a positive effect on both brain and body.
2. Eat a 75g portion of fermented foods like kimchi and sauerkraut daily, as they supply gut-friendly bacteria – vital for healthy digestion and strong immunity. Not a fan? Try including full-fat bio yogurt, and swap your standard loaf for sourdough.
3. When sunshine's in short supply, increase your intake of foods rich in vitamin D, such as oily fish, full-fat dairy and eggs. As well as building strong bones and teeth, vitamin D helps to build resistance against flu, heart disease and certain cancers.
4. Add warming herbs and spices like chilli, ginger and garlic to meals. They aid blood flow and are thermogenic, meaning that they help to keep hands and feet warm when it's cold.
5. Snacks can form part of a healthy, balanced eating plan, but choose wholefoods like fruits, vegetables or a thumb-sized piece of cheese. Unsalted pistachios are a smart choice, lower in fat and calories than most other nuts.
6. Only eat when you have time to sit and savour – not on the hoof or standing at the fridge. Make food a celebration and give it the time and attention it deserves.

Your 7-day plan

To get the best from the plan, we recommend eating the meals as set out below. However, if you want to swap days or repeat meals, you'll still reap the benefits of eating whole, unprocessed, nourishing foods. **All recipes serve 2** (sometimes with leftovers for another day) and are based on a balanced combination of protein, fats and carbs, which helps to manage hormonal swings and blood sugar levels.

	Breakfast	Lunch	Supper
Sun	 Poached eggs with smashed avocado & tomatoes p31	 Creamy leek & bean soup p33	 Roast chicken with lemon & rosemary roots p38
Mon	 Cinnamon apple & raisin porridge p32	 Toasted soda bread with blue cheese & pear p34	 Wild salmon with coconut chutney & green pilau p37
Tue	 Cinnamon apple & raisin porridge p32	 Beetroot houmous toasts with olives & mint p35	 Roast chicken with lemon & rosemary roots p38
Wed	 Winter compote tumblers p32	 Creamy leek & bean soup p33	 Feta-stuffed mushrooms with mustard slaw p38
Thu	 Winter compote tumblers p32	 Masala omelette muffins, with mustard slaw p34	 Spicy meatball tagine with bulghar & chickpeas p36
Fri	 Raspberry coconut porridge p32	 Mexican bean soup with shredded chicken & lime p35	 Herb & garlic baked cod with romesco sauce & spinach p37
Sat	 Raspberry coconut porridge p32	 Masala omelette muffins, with mixed salad p34	 Spicy meatball tagine with bulghar & chickpeas p36

We've based our daily menu plans on no more than 1,500 calories. For the average, moderately active female, this should allow for steady and controlled weight loss. If you're happy with your weight, you can supplement the daily menu plans with healthy sides and snacks – find more information and ideas at *bbcgoodfoodme.com*

For a fully vegetarian version of the diet plan, featuring recipes like cauliflower tagine and garlicky aubergine steaks, visit our website: bbcgoodfoodme.com






Breakfast boosters

Get your day off to a satisfying start and you won't feel hungry until lunchtime

Poached egg with smashed avocado & tomatoes

We've used avocado as an alternative to butter because it's rich in heart-friendly, monounsaturated fats, and a good source of protective vitamin E, which is excellent for skin.

SERVES 2 PREP 10 mins
COOK 10 mins EASY V

2 tomatoes, halved
½ tsp rapeseed oil
2 eggs
1 small ripe avocado
2 slices seeded wholemeal soda bread (see recipe, right)
2 handfuls rocket

1 Heat a non-stick frying pan. Very lightly brush the cut surface of the tomatoes with a little oil, then cook them, cut-side down, in the pan until they have softened and slightly caramelised.
2 Meanwhile, heat a pan of water. Carefully break in the eggs and leave to poach for 1-2 mins until the whites are firm but the yolks are still runny.
3 Halve and stone the avocado, then scoop out the flesh and smash onto the bread. Add the eggs, grind over black pepper and add a handful of rocket to each portion. Serve the tomatoes on the side.

GOOD TO KNOW healthy • folate • fibre • vit c • 2-of-5-a-day
PER SERVING 385 kcals • fat 20g • saturates 4g • carbs 31g • sugars 5g • fibre 8g • protein 16g • salt 0.5g



Seeded wholemeal soda bread

Shop-bought bread can be loaded with salt, sugar and preservatives, so try making your own for a healthier loaf. It takes only 10 minutes to prep, and you'll use it in other recipes later in the week.

CUTS INTO 10 slices PREP 10 mins
COOK 25-30 mins EASY V ❄

450g plain wholemeal flour, plus extra for dusting
75g four-seed mix (sesame, sunflower, golden linseed and pumpkin)
1 tsp bicarbonate of soda
1 tbsp black treacle
150g pot natural bio yogurt, made up to 450ml with water

1 Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Put the flour, seeds, bicarbonate of soda and a pinch of salt in a large bowl and mix to combine. Stir the treacle into the yogurt mixture and, when the treacle dissolves, pour onto the dry ingredients. Stir together with the blade of a knife until you have a soft, sticky dough. Leave for 5 mins (this allows time for the liquid to absorb into the bran).
2 Tip onto a lightly floured surface and form the dough into a round about 18cm across. It will still be very sticky, so don't over-handle it – treat it like scone dough rather than bread dough. Lift onto the baking sheet and bake for 25-30 mins until the crust is golden and the loaf sounds hollow when tapped underneath.

GOOD TO KNOW healthy
PER SLICE 183 kcals • fat 4g • saturates 1g • carbs 27g • sugars 3g • fibre 5g • protein 7g • salt 0.3g





Winter compote tumblers

Make this the night before and it'll be ready waiting for you in the fridge in the morning. If you like your almonds crunchy, scatter them on just before serving. You don't have to use green tea for cooking the fruit – water is fine – but the tea will add antioxidants and extra flavour.

MAKES 4 **PREP** 10 mins plus cooling
COOK 15-20 mins **EASY** V

12 pitted prunes
12 dried apricots
500ml strong green tea
4 clementines, peeled and sliced
500g natural bio yogurt
40g flaked almonds

1 Tip the prunes and apricots into a pan and add the green tea. Cover and simmer for 15-20 mins until the fruit is tender.
2 When the fruit has cooled, stir in the clementines, then spoon the mixture into four tumblers. Top with the yogurt and scatter with the almonds. Chill any extra tumblers to eat on another morning.

GOOD TO KNOW low fat • calcium • fibre • vit c • 2-of-5-a-day • gluten free
PER TUMBLER 289 kcals • fat 10g • saturates 3g • carbs 36g • sugars 35g • fibre 6g • protein 12g • salt 0.3g

gf tips

• Check the label when buying dried fruit, and avoid ones with sulphur dioxide, an additive used to preserve the colour of the fruit.
• Porridge is easy to reheat the next day in bowls in the microwave, or in a pan on the hob with a splash of milk or water.

Cinnamon apple & raisin porridge

Soak the oats the night before to make them easier to digest – they'll also cook more quickly and have a creamier texture.

SERVES 4 **PREP** 10 mins plus overnight soaking **COOK** 10 mins
EASY V

100g rolled oats (not instant)
50g raisins
1 heaped tsp ground cinnamon
2 Bramley cooking apples, peeled and coarsely grated (about 350g grated weight)
4 heaped tbsp natural bio yogurt and a sprinkling of ground cinnamon, to serve

1 Tip the oats, raisins and cinnamon into a large bowl. Pour on 800ml cold water, then cover and leave to soak overnight.
2 The next day, tip the contents of the bowl into a pan and stir in the apple. Cook over a medium heat, stirring frequently, for 5-10 mins until the oats are cooked and the apple is soft but still has a bit of bite and texture. Reserve half for the next day and spoon the remainder into bowls. Top each portion with a spoonful of yogurt and dust with some cinnamon.

GOOD TO KNOW low fat • low cal • 1-of-5-a-day
PER SERVING 206 kcals • fat 4g • saturates 1g • carbs 36g • sugars 19g • fibre 4g • protein 6g • salt 0.1g

Raspberry coconut porridge

This dairy-free porridge uses yogurt made from coconuts instead of milk. Although healthy, the yogurt is quite high in fat, so one pot is enough for four portions.

SERVES 4 **PREP** 10 mins plus overnight soaking **COOK** 10 mins
EASY V

100g rolled oats (not instant)
25g creamed coconut, chopped
200g frozen raspberries
125g pot coconut yogurt (we used COYO)
a few mint leaves, to serve (optional)

1 Tip the oats and creamed coconut into a large bowl, pour on 800ml cold water, cover and leave to soak overnight.
2 The next day, tip the contents of the bowl into a saucepan and cook over a medium heat, stirring frequently, for 5-10 mins until the oats are cooked. Add the raspberries to the pan with the yogurt and allow to thaw and melt into the oats off the heat. Reserve half for the next day and spoon the remainder into bowls. Top each portion with mint leaves, if you like.

GOOD TO KNOW vegan
PER SERVING 224 kcals • fat 12g • saturates 9g • carbs 21g • sugars 3g • fibre 4g • protein 5g • salt none



Make time for lunch

It's important to eat well in the middle of the day – you can take these recipes to work in a lunchbox or flask

Creamy leek & bean soup

This soup makes enough to give you leftovers for lunch another day. It's based on a leek & potato soup, but we've used beans instead of potato, as they contribute towards your 5-a-day (potatoes don't count).

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V ❄ P

1 tbsp rapeseed oil
600g leeks, well washed and thinly sliced
1 litre hot vegetable bouillon
2 x 400g cans cannellini beans, drained
2 large garlic cloves, finely grated
100g baby spinach
150ml full-fat milk

1 Heat the oil in a large pan, add the leeks and cook on a low-medium heat for 5 mins. Pour in the bouillon, tip in the beans, cover and simmer for 10 mins.
2 Stir in the garlic and spinach, cover the pan and cook for 5 mins more until the spinach has wilted but still retains its fresh green colour.
3 Add the milk and plenty of pepper, and blitz with a stick blender until smooth. Ladle into bowls and chill the remainder.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 2-of-5-a-day
PER SERVING 218 kcals • fat 6g • saturates 1g • carbs 26g • sugars 7g • fibre 6g • protein 12g • salt 0.9g

Toasted soda bread with blue cheese & pear

SERVES 2 **PREP** 10 mins
COOK 2 mins **EASY** V

2 slices seeded wholemeal soda bread (see recipe, p42)
50g Danish blue cheese
2 tsp rapeseed oil
1 tsp apple cider vinegar
pinch of English mustard powder
1 small garlic clove, finely grated
85g bag mixed salad leaves (choose one with curly endive and radicchio)
1 large or 2 small pears, halved, cored and sliced (no need to peel)
20g walnuts, roughly chopped

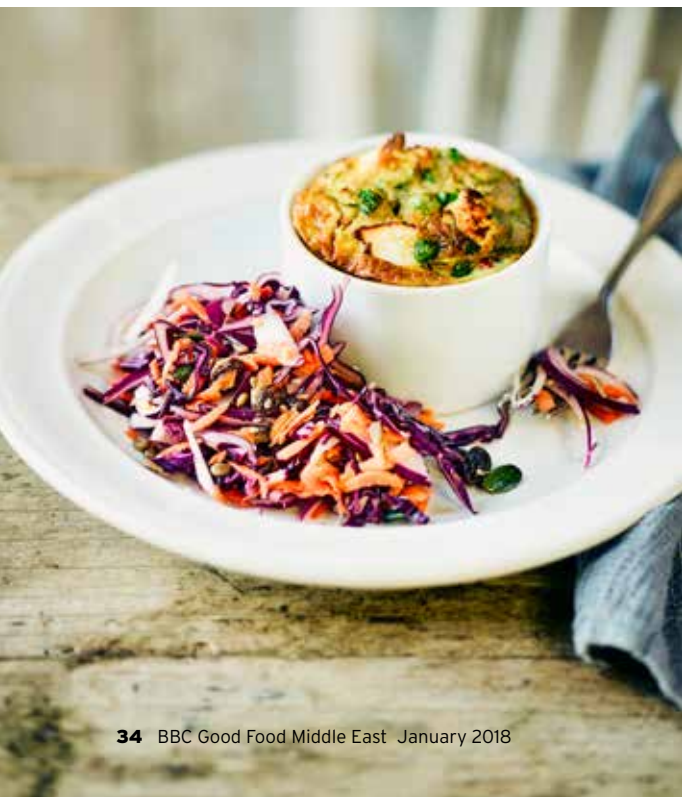
1 Toast the bread while you make the dressing: mash 15g blue cheese with the oil, vinegar, mustard powder, garlic and 1 tbsp water.
2 Pile the salad leaves onto two plates. Spread the remaining cheese over the toast (it doesn't matter if it goes cold), top with the pear and scatter with the walnut pieces. Drizzle the dressing over the salad leaves and serve.

GOOD TO KNOW fibre • 1-of-5-a-day
PER SERVING 378 kcals • fat 18g • saturates 6g • carbs 36g • sugars 11g • fibre 8g • protein 14g • salt 1.0g

gf tip

If making a packed lunch, spread the toast with the cheese and take the salad, pear and nuts with a separate pot of dressing. Slice the pear just before eating to preserve the nutrients and prevent it going brown.





Masala omelette muffins

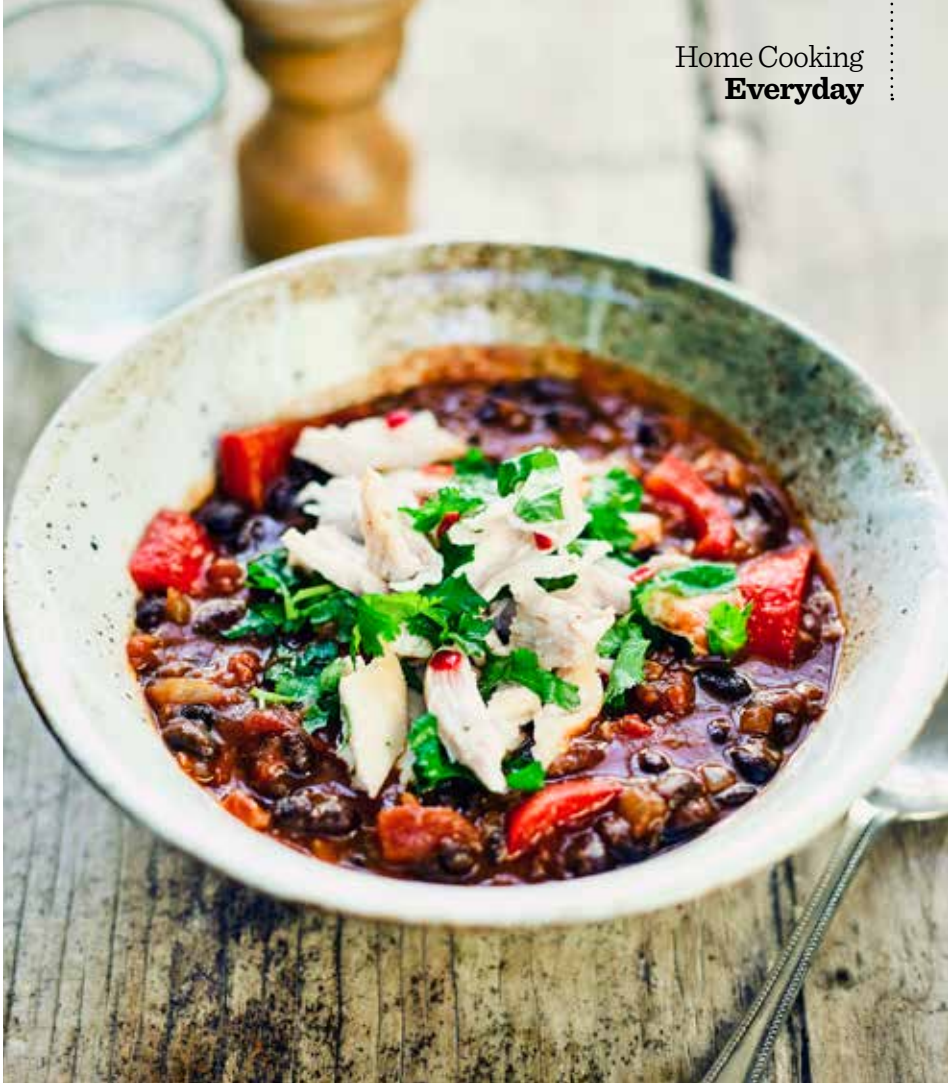
This recipe makes four large muffin-shaped bakes so you can eat them over two days – once with mustard slaw (recipe, p50) and once with your own mixed salad using up stray veg from the week. They're equally good hot or cold.

MAKES 4 **PREP** 10 mins
COOK 20-25 mins **EASY** V

rapeseed oil, for greasing
2 medium courgettes, coarsely grated
6 large eggs
2 large or 4 small garlic cloves, finely grated
1 red chilli, deseeded and finely chopped
1 tsp each chilli powder, ground cumin and ground coriander
handful fresh coriander, chopped
125g frozen peas
40g feta

1 Heat oven to 220C/200C fan/gas 7 and lightly oil four 200ml ramekins. Grate the courgettes and squeeze really well, removing as much liquid as possible. Put all the ingredients, except the feta, in a large jug and mix really well.
2 Pour into the ramekins, scatter with the feta and bake on a baking sheet for 20-25 mins until risen and set. Eat one each warm now with the slaw left over from the mushroom supper on page 50, and chill the others for another day.

GOOD TO KNOW healthy • 1-of-5-a-day • gluten free
PER MUFFIN 179 kcals • fat 10g • saturates 3g • carbs 5g • sugars 3g • fibre 3g • protein 15g • salt 0.6g



Beetroot houmous toasts with olives & mint

The mint is a must here – don't be tempted to leave it out, as the flavour works so well with the sweet, earthy beetroot and feta. Eating a rainbow of colourful fruit and veg is so beneficial to our health, and this is one way to add deep purple beetroot to your diet.

SERVES 2 **PREP** 10 mins
COOK 2 mins **EASY** **V**

2 slices seeded wholemeal soda bread (see recipe, p42)
210g can chickpeas, drained
200g ready-cooked beetroot, sliced
1 tbsp lemon juice
1 small garlic clove
1 tsp rapeseed oil
30g feta, crumbled
6 pitted Kalamata olives, halved
a few fresh mint leaves

1 Toast the bread – if the slices are quite long, halve them first.
2 Meanwhile, tip the chickpeas into a bowl with half the beetroot, the lemon juice, garlic and oil, and blitz with a stick blender to make houmous. Spread on the toast, top with the remaining beetroot and scatter with feta, olives and mint.

GOOD TO KNOW 2-of-5-a-day • low cal • folate • fibre
PER SERVING 381 kcals • fat 12g • saturates 3g • carbs 47g • sugars 11g • fibre 11g • protein 16g • salt 1g

gf tip

If making a packed lunch, toast the bread and keep the houmous separate from the beetroot, olives and mint.



Mexican bean soup with shredded chicken & lime

Use chicken breast left over from the roast on page 50 to serve on top of this substantial soup.

You could make a veggie version by topping the soup with guacamole instead of chicken: mash a small avocado with lime and fresh chilli, then stir in a chopped tomato, a tablespoon of finely chopped onion and fresh coriander.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** ❄ soup only

2 tsp rapeseed oil
1 large onion, finely chopped
1 red pepper, cut into chunks
2 garlic cloves, chopped
2 tsp mild chilli powder
1 tsp each ground coriander and ground cumin
400g can chopped tomatoes
400g can black beans
1 tsp vegetable bouillon powder
1 cooked skinless chicken breast, about 125g, shredded
handful chopped coriander
1 lime, juiced
½ red chilli, deseeded and finely chopped (optional)

1 Heat the oil in a medium pan, add the onion and pepper, and fry, stirring frequently, for 10 mins. Stir in the garlic and spices, then tip in the tomatoes and beans with their liquid, half a can of water and the bouillon powder. Simmer, covered, for 15 mins.
2 Meanwhile, tip the chicken into a bowl, add the coriander and lime juice with a little chilli (if using) and toss well. Ladle the soup into two bowls, top with the chicken and serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 4-of-5-a-day
PER SERVING 378 kcals • fat 8g • saturates 1g • carbs 36g • sugars 17g • fibre 12g • protein 32g • salt 0.5g

gf tip

Beans and pulses are rich in protective antioxidants, with black beans and kidney beans rivalling blueberries for their flavonoid content. A higher intake of these valuable plant compounds has been associated with better health and a longer life.

Satisfying suppers

Lean meat and poultry, white and oily fish, and a vegetarian dish are great options for your evening meals

Spicy meatball tagine with bulghar & chickpeas

This recipe makes enough for two days. Choose lean beef mince with only 5% fat – some mince contains as much as 20% saturated fat, which you're aiming to limit, plus it makes the sauce oily.

SERVES 4 **PREP** 10 mins plus chilling
COOK 45 mins **EASY**

2 onions, 1 quartered, 1 halved and sliced
2 tbsp tomato purée
2 garlic cloves
1 egg
1 tbsp chilli powder
500g pack extra-lean beef mince
2 tsp rapeseed oil
4 large carrots, cut into batons
1 tsp ground cumin
2 tsp ground coriander
400g can chopped tomatoes
1 lemon, zest removed with a potato peeler, then chopped
12 Kalamata olives, chopped
1 tbsp vegetable bouillon powder
1/3 pack fresh coriander, chopped

For the bulghar
200g bulghar wheat
400g can chickpeas
2 tsp each vegetable bouillon powder and ground coriander

1 Put the quartered onion in a food processor to finely chop. Add 1 tbsp tomato purée, the garlic, egg and chilli powder, and blitz briefly again. Remove the blade and work the mince in with your hands, ensuring it is evenly distributed. Divide the mixture into 24 even-sized pieces, roll into balls and put in the fridge to firm up for 15 mins.

2 Heat the oil in a large frying pan and cook the meatballs for 5-10 mins to lightly brown them, then transfer to a plate.

3 Add the sliced onion and carrots to the pan and stir-fry briefly in the pan juices to soften them a little. Add the spices and pour in the tomatoes with 1/2 a can of water. Stir in the lemon zest, remaining tomato purée, the olives and bouillon powder. Return the meatballs to the pan, cover and cook for 15 mins until the carrots are just tender. Stir in the coriander.

4 While the tagine is cooking, tip the bulghar into a pan with the chickpeas and liquid from the can. Add two cans of water, the bouillon and coriander. Cover and cook for 10 mins until the bulghar is tender and the liquid has been absorbed. Serve half with half the tagine, and chill the remainder for another night.

GOOD TO KNOW healthy • low fat • low cal • fibre • iron • 4-of-5-a-day
PER SERVING 484 kcals • fat 12g • saturates 3g • carbs 47g • sugars 15g • fibre 15g • protein 40g • salt 1.1g

gf tip

We've included complex, energy-boosting carbs here in the form of heart-healthy wholegrains, beans and pulses. All are rich in fibre and help to control blood sugar.





Herb & garlic baked cod with romesco sauce & spinach

Aim to eat at least one portion of white fish a week – it's a valuable source of lean protein.

SERVES 2 PREP 10 mins
COOK 20 mins

2 x 140g skinless cod loin or pollock fillets
1 tbsp rapeseed oil, plus 2 tsp
1 tsp fresh thyme leaves
1 large garlic clove, finely grated
½ lemon, zested and juiced
1 large red pepper, sliced
2 leeks, well washed and thinly sliced
2 tbsp flaked almonds
1 tbsp tomato purée
¼ tsp vegetable bouillon powder
1 tsp apple cider vinegar
100g baby spinach, wilted in a pan or the microwave

1 Heat oven to 220C/200C fan/gas 7 and put the fish fillets in a shallow ovenproof dish so they fit quite snugly in a single layer. Mix 1 tbsp rapeseed oil with the thyme and garlic, spoon over the fish, then grate over the lemon zest. Bake for 10-12 mins until the fish is moist and flakes easily when tested.
2 Meanwhile, heat the remaining oil in a non-stick pan and fry the pepper and leeks for 5 mins until softened. Add the almonds and cook for 5 mins more. Tip in the tomato purée, 5 tbsp water, the bouillion powder and vinegar, and cook briefly to warm the mixture through.
3 Add the juice of up to half a lemon and blitz with a stick blender until it makes a thick, pesto-like sauce. Serve with the fish and the wilted spinach.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3-of-5-a-day
PER SERVING 409 kcals • fat 24g • saturates 2g • carbs 11g • sugars 9g • fibre 8g • protein 33g • salt 0.3g

Wild salmon with coconut chutney & green pilau

In our diet plans we recommend using wild salmon rather than farmed. Wild salmon has firmer flesh, a darker colour, a stronger taste, and contains less saturated fat. It's an ideal partner for the spice and citrus flavours in this recipe.

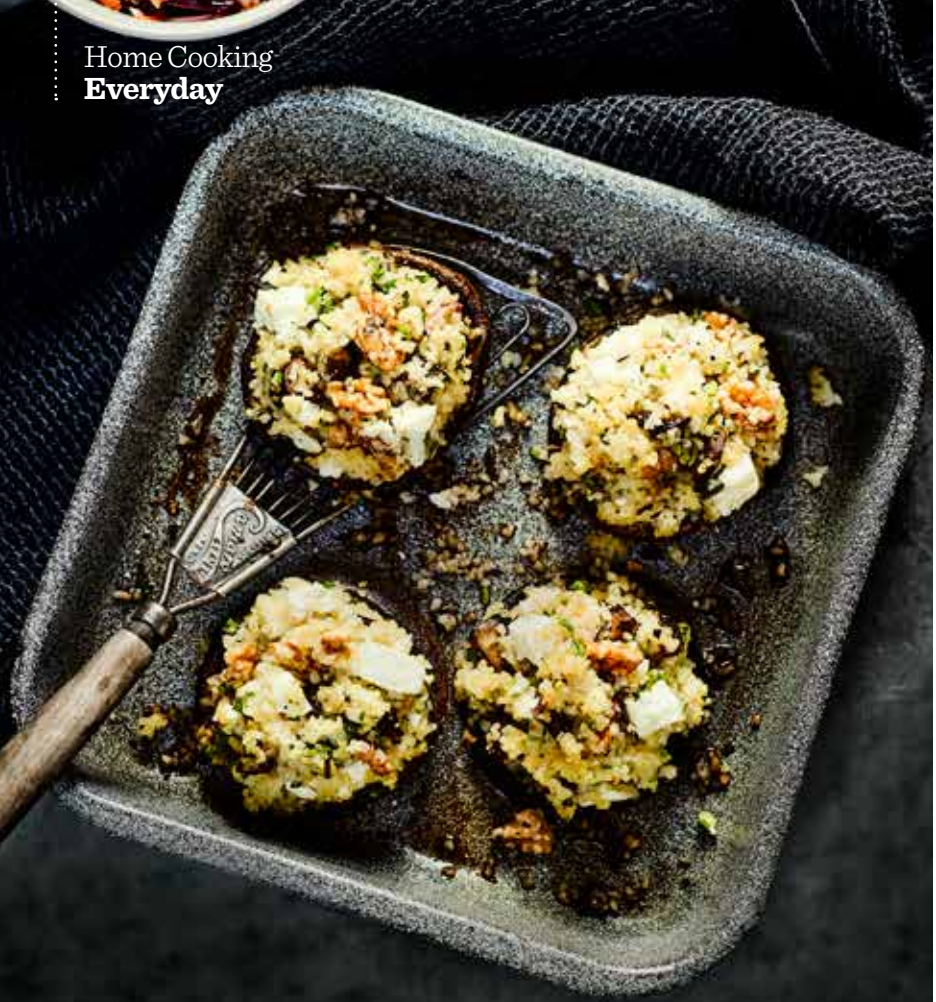
SERVES 2 PREP 15 mins
COOK 35 mins EASY

1 tsp rapeseed oil
1 onion, sliced
25g ginger, cut into thin matchsticks
2 garlic cloves, chopped
1 green chilli, deseeded and sliced
⅔ small pack coriander
handful mint leaves
20g creamed coconut
1 lime, zested and ½ juiced
50g brown basmati rice
2 x 100g skinless wild salmon fillets, thawed if frozen
head of spring greens (about 175g), stalks trimmed, finely shredded (remove outer leaves if tough)
125g frozen peas
1 tbsp ground coriander

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, non-stick wok and add the onion, ginger, garlic and chilli. Cook briefly over a high heat to mix everything, then cover and leave to cook gently for about 10 mins until the onions are soft. Scoop two spoonfuls of the mixture into a bowl, add the coriander, mint, coconut, lime zest and juice with 1 tbsp water and blitz to a purée with a stick bender.
2 Meanwhile, boil the rice for 20 mins, then drain.
3 Spread half the coconut mixture over the fish and wrap up in a parcel of foil. Bake for 10 mins.
4 Carry on cooking the onions, uncovered this time, until they start to brown. Add the spring greens and stir-fry for a few mins until softened. Add the rice and peas with the ground coriander and cook until the veg is tender. If the mixture starts to stick, add 1 tbsp water. Stir through the remaining coconut mixture, then serve with the fish.

GOOD TO KNOW folate • fibre • vit c • iron • omega-3 • 3-of-5-a day • gluten free
PER SERVING 553 kcals • fat 21g • saturates 8g • carbs 51g • sugars 13g • fibre 11g • protein 34g • salt 0.2g





Feta-stuffed mushrooms with mustard slaw

Opting for wholegrains, such as wholewheat bulghar, instead of white refined versions helps to reduce your risk of modern-day illnesses like heart disease and diabetes.

SERVES 2 **PREP** 20 mins
COOK 35 mins **EASY** V

4 large Portobello mushrooms, each about 10cm across
1-2 tsp rapeseed oil
100g bulghar wheat
2 garlic cloves, finely grated
50g feta, crumbled
2 tsp finely chopped rosemary leaves
6 walnut halves, roughly broken
2 tbsp chopped parsley (optional)
For the slaw
2 carrots, coarsely grated
1 red onion, finely sliced
200g red cabbage, finely shredded
40g raisins
1 tbsp rapeseed oil
1 tbsp apple cider vinegar
1 tsp English mustard powder
4 tbsp four-seed mix (sesame, sunflower, golden linseed and pumpkin)

1 Heat oven to 200C/180C fan/gas 6 and snap the stalks from the mushrooms. Put the stalks in a large, shallow ovenproof dish along with the caps, turned upside down. Brush the caps with the oil and bake in the oven for 15 mins.
2 Meanwhile, boil the bulghar for 8 mins, then drain and toss with the garlic, feta, rosemary, walnuts and parsley (if using).
3 Take the mushrooms out of the oven. Roughly chop the stalks, add to the bulghar mixture and pile it into the mushroom caps. Return to the oven for 10 mins while you make the slaw.
3 Put all the slaw ingredients in a bowl and toss well. Serve half with the mushrooms and chill the rest to serve for lunch with the Masala omelette muffinss (recipe, p45) another day.

GOOD TO KNOW healthy • folate • fibre • iron • 3-of-5-a-day
PER SERVING 487 kcals • fat 24g • saturates 6g • carbs 40g • sugars 18g • fibre 16g • protein 20g • salt 0.8g

For more diet plans, visit *bbcgoodfoodme.com/more-diet-plans*

Roast chicken with lemon & rosemary roots

If it suits you better, cook this for Sunday lunch and eat a lunch dish in the evening.

SERVES 4 **PREP** 20 mins
COOK 1 hr 30 mins **EASY**

4 large carrots (about 400g), cut into big chunks
1 celeriac (about 575g peeled weight), cut into roastie-sized chunks
1 large swede (550g unpeeled), quartered and cut into thick slices
2 red onions, cut into wedges
1 garlic bulb
2 tbsp rapeseed oil
2 rosemary sprigs, leaves and woody stalks separated
1 lemon
1 medium chicken (about 1.4kg)
2 x 200g bags curly kale

1 Heat oven to 200C/180C fan/gas 6. Tip the carrots, celeriac, swede, onions and garlic into a large roasting tin with the oil, rosemary leaves and a grinding of black pepper. Toss well and roast for 5-10 mins while you get the chicken ready.
2 Grate the zest and squeeze the juice from the lemon, set aside and put the lemon shells and the woody stalks from the rosemary inside the chicken. Stir the veg, scatter over the lemon zest and drizzle over the juice, then sit the chicken on top of the veg and roast for 1-1¼ hrs until the chicken is cooked but still moist. Take the chicken from the oven and leave to rest for 10 mins. Keep the veg in the oven and steam one of the bags of kale.
3 Squeeze the garlic from the skins and serve half the garlic and root veg with the chicken legs and kale. Eat one breast with the remaining veg and bag of kale another night, and save the remaining breast for the Mexican bean soup (p46).

GOOD TO KNOW healthy • folate • fibre • vit c • 3-of-5-a-day • gluten free
PER SERVING 427 kcals • fat 23g • saturates 5g • carbs 12g • sugars 10g • fibre 10g • protein 38g • salt 0.5g



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FAMILY rainbow FOOD

Encourage your little chef to eat a rainbow every day with these fun, fresh and easy recipes

Recipes: LULU GRIMES ***photographs*** WILL HEAP




















“Perfect for playdates – let the kids get creative and pick their own toppings”



Rainbow pizzas

Using ready-made pizza bases makes this super quick. Or buy pizza-base mix and follow the instructions to make your own.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

2 plain pizza bases
6 tbsp passata
400g mixed red and yellow tomatoes, sliced
75g sprouting broccoli, stems finely sliced
8 green olives, pitted and halved (optional)
150g mozzarella cherries (bocconcini)
2 tbsp fresh pesto
handful fresh basil leaves, to serve

1 Heat the oven to 180C/160C fan/gas 4. Put each pizza base on a baking sheet and spread each with half of the passata. Arrange the tomatoes on the top in rings or wedges of colour and add the broccoli and the olives, if using. Squish the mozzarella cherries a little before dotting them over the pizzas, then drizzle 1 tbsp pesto over each.
2 Bake for 15-20 mins or until the top is bubbling and just starting to brown a little. Scatter over the basil leaves before serving.

GOOD TO KNOW calcium
PER SERVING 534 kcals • fat 17g • saturates 6g • carbs 73g • sugars 8g • fibre 5g • protein 19g • salt 1.8g



Layered rainbow salad pots

SERVES 4 **PREP** 25 mins
COOK 12 mins **EASY**

350g pasta shapes (De Cecco is a good brand that stays nice and firm)
200g green beans, trimmed and chopped into short lengths
160g can tuna in olive oil, drained
4 tbsp mayonnaise
4 tbsp natural yogurt
½ small pack chives, snipped (optional)
200g cherry tomatoes, quartered
1 orange pepper, cut into little cubes
195g can sweetcorn, drained

1 Cook the pasta until it is still a little al dente (2 mins less than the pack instructions) and drain well. Cook the green beans in simmering water for 2 mins, then rinse in cold water and drain well. Mix the tuna with the mayonnaise and yogurt. Add the chives, if using.
2 Tip the pasta into a large glass bowl or four small ones or four wide-necked jars (useful for taking on picnics). Spoon the tuna dressing over the top of the pasta. Add a layer of green beans, followed by a layer of cherry tomatoes, then the pepper and sweetcorn. Cover and chill until you're ready to eat.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day • good for you
PER SERVING 697 kcals • fat 30g • saturates 3g • carbs 77g • sugars 13g • fibre 9g • protein 24g • salt 0.5g



Rice paper wraps

Some supermarkets sell a packaged kit for making rice paper wraps.

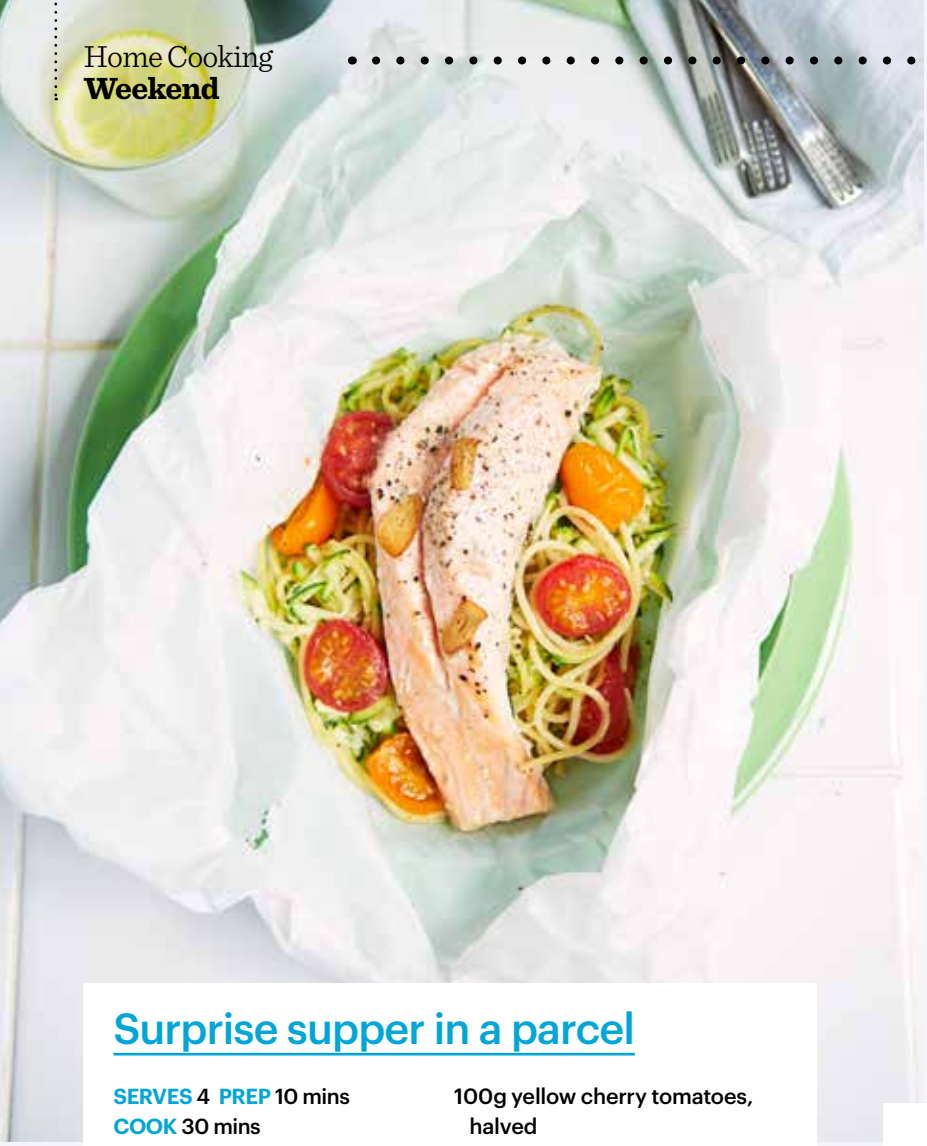
MAKES 8 **PREP** 20 mins
COOK 3 mins **EASY**

50g rice vermicelli noodles
1 carrot, peeled
1 avocado, peeled and destoned
¼ cucumber
8 rice paper wraps
8 king prawns, peeled and cooked
8 mint leaves
½ cooked chicken breast, shredded
sweet chilli sauce, to serve

1 Put the noodles in a pan of water and bring to the boil, simmer for 3 mins, then cool under running water. Drain thoroughly.
2 Cut the carrot into matchsticks using a knife or a mandoline. Cut the avocado into strips and the cucumber into thin sticks. Soak 2 of the rice paper wraps in cold water for 1-2 mins until floppy.
3 Lift 1 sheet of rice paper out of the water, shake gently, then lay it carefully on a board. Place 2 prawns in the centre, with a mint leaf between them. Add a strip of avocado, pile some noodles on top, then add a layer of carrot and cucumber. Fold the bottom half of the rice paper over, then fold the sides in and tightly roll it up. Repeat using the second wrapper and soak 2 more to make 2 more rolls.
4 Make the rest of the rolls up using the remaining 4 wraps and the shredded chicken instead of prawns. Serve the rolls with the sweet chilli sauce for dipping.

GOOD TO KNOW good for you
PER SERVING 125 kcals • fat 5g • saturates 1g • carbs 15g • sugars 1g • fibre 2g • protein 5g • salt 0.2g





Surprise supper in a parcel

SERVES 4 **PREP** 10 mins
COOK 30 mins

200g spaghetti
2 courgettes, grated
100g red cherry tomatoes, halved
100g yellow cherry tomatoes, halved
4 salmon fillets or 2 chicken breasts
4 tbsp olive oil
1 garlic clove, finely sliced

1 Heat oven to 180C/160C fan/gas 4. Cook the spaghetti following pack instructions and drain. Cut 4 rectangles of baking parchment off a roll, each twice as long as it is wide. Lay them on a work surface. Toss the spaghetti with the grated courgettes. Divide the spaghetti between the pieces of parchment, then divide the cherry tomatoes between each pile.
2 If using salmon, slice lengthways, but keep the fillet together. Place on top of the veg and press sideways so the slices move apart a little. If using chicken, halve each breast through the middle horizontally to give four pieces, then cut each into strips and tip a pile of chicken strips onto each pile of spaghetti.
3 Heat the oil and fry the garlic for 1 min, then pour a little garlic oil over each pile. Season with black pepper if your children like it. Bring the two longer sides of parchment up to meet in the middle and fold the ends over and over, working down towards the filling, leaving a little room for the steam to expand the parcel. Flatten the seam down and then fold in each end. Use paper clips to hold the folds, if you like. Lift the parcels onto a baking tray and bake for 10-15 mins. The parcels should puff up as they cook.
4 Serve each person a puffed parcel in a shallow bowl and snip it open at the table, staying clear of any steam (removing any paperclips).

GOOD TO KNOW omega-3 • 1 of 5-a-day • good for you
PER SERVING 637 kcals • fat 33g • saturates 5g • carbs 40g • sugars 4g • fibre 4g • protein 43g • salt 0.5g



Super-easy fruit ice cream

SERVES 6 **PREP** 20 mins
NO COOK V ❄

200g strawberries (as red as you can get), hulled
1 large mango, deseeded and peeled
1/4 lemon, juiced
3 very ripe bananas, peeled
200g condensed milk
600ml double cream
4 kiwi fruit, peeled
sprinkles or finely chopped strawberries and mango, to serve

1 Mash or purée the strawberries and mango in two separate bowls. In another bowl, add the lemon juice and the banana and mash.
2 Beat the condensed milk and cream in a large bowl with an electric whisk until thick and quite stiff, a bit like clotted cream. Divide the mixture between the three bowls. Fold a fruit purée into each. Transfer each one into a freezer container and freeze until solid.
3 Purée the kiwi and sieve out any seeds, if you like. Serve a scoop of each flavour ice cream in bowls or sundae dishes and top with kiwi sauce, sprinkles, or the chopped fruit.

GOOD TO KNOW 2 of 5-a-day • gluten free
PER SERVING 711 kcals • fat 57g • saturates 35g • carbs 42g • sugars 41g • fibre 4g • protein 6g • salt 0.1g

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> This ice cream recipe is a breeze to make and will feel like magic to the kids

Super-easy fruit ice cream, p44



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WAKA

Your 7-day vegetarian plan

If you are vegetarian, you can still follow our healthy diet plan by simply substituting the meat and fish dishes with these alternatives

Serves 2	Breakfast	Lunch	Supper
Sun	 Apple & clementine Bircher **p24**	 Minty roast veg & hummus salad **p63**	 Ratatouille & parmesan bake **p52**
Mon	 Apple & clementine Bircher **p24**	 Minty roast veg & hummus salad **p63**	 Linguine with avocado, tomato & lime **p67**
Tue	 Kale, tomato & poached egg on toast **p24**	 Minty beetroot, feta & bulghar salad **p49**	 West Indian sweet potato curry **p54**
Wed	 Raspberry coconut porridge **p32**	 Spinach & chickpea dhal **p26**	 Linguine with avocado, tomato & lime **p67**
Thu	 Kale, tomato & poached egg on toast **p24**	 Spinach & halloumi salad **p26**	 West Indian sweet potato curry **p54**
Fri	 Raspberry coconut porridge **p32**	 Spinach & halloumi salad **p26**	 Guacamole & mango salad with black beans **p51**
Sat	 Winter compote tumblers **p32**	 Broccoli pasta salad with eggs & sunflower seeds **p49**	 Spinach & blue cheese pizza **p50**



Vegetarian lunches



Broccoli pasta salad with eggs & sunflower seeds

SERVES 2 PREP 10 mins
COOK 10 mins EASY V

2 large eggs
75g wholewheat penne
160g broccoli florets
160g fine beans, trimmed and halved
1 tbsp white miso paste
1 tsp grated ginger
1 tbsp rapeseed oil
2 tbsp sunflower seeds

1 Hard-boil the eggs for 8 mins, then shell and halve. Meanwhile, boil the pasta for 5 mins, add the broccoli and beans, and cook 5 mins more or until everything is tender.
2 Drain, reserving the water, then tip the pasta and veg into a bowl and stir in the miso, ginger, oil and 4 tbsp pasta water. Serve topped with the eggs and seeds.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 436 kcals • fat 22g • saturates 4g • carbs 31g • sugars 5g • fibre 11g • protein 24g • salt 1.3g

Minty beetroot, feta & bulghar salad

Oranges, which we've chopped to keep as much of their fibre as possible, are mixed with beetroot and mint in this easy grain salad. Mint is excellent for the digestion, so any left over can be used in mint tea – simply pour boiling water over the fresh sprigs.

SERVES 2 PREP 5 mins
COOK 5 mins EASY V

50g bulghar wheat
2 oranges, ½ zested and juiced, the rest peeled and chopped
1 garlic clove
1 tsp apple cider vinegar
2 tbsp chopped mint
3 spring onions, sliced
4 walnut halves, broken
4 pitted Kalamata olives, halved (optional)
2 beetroots, chopped
40g vegetarian feta

1 Put the bulghar in a small pan, cover with water, bring to the boil, then cook, covered, for 5 mins or until tender. Drain well, press out any excess water and tip into a bowl.
2 Stir in the orange zest and juice, garlic and vinegar, then toss through the mint, onions, walnuts and olives (if using). Finally, stir in the beetroot, spoon into containers and top with the feta to mix through just before eating.

GOOD TO KNOW low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 270 kcals • fat 10g • saturates 3g • carbs 31g • sugars 16g • fibre 8g • protein 11g • salt 0.7g



Vegetarian suppers



Spinach & blue cheese pizza

This pizza is quick to make because the base is yeast free. If you prefer a tomato base to your pizza, mix 2 chopped tomatoes with 1 tbsp tomato purée and spread that on before the other toppings. It will also give you another 1 of your 5-a-day.

SERVES 2 **PREP** 5 mins
COOK 17 mins **EASY** **V**

1 tsp rapeseed oil
2 large flat mushrooms, halved and sliced
2 garlic cloves, chopped
160g spinach, thoroughly dried after washing
1 red onion, halved and thinly sliced
40g vegetarian blue cheese, crumbled
4 walnut halves, broken

For the base
125g wholewheat spelt flour
½ tsp baking powder
3 tbsp bio yogurt mixed with 3 tbsp water

1 Heat oven to 200C/180C fan/gas 6 and place a baking sheet inside to get hot. Heat the oil in a large non-stick frying pan and cook the mushrooms and garlic, stirring frequently, until softened. Add the spinach, a handful at a time, and cook until just wilted but not soggy. Add the onion and stir it through, then turn off the heat.

2 For the base, tip the flour and baking powder into a bowl, and stir in the yogurt mixture with the blade of a cutlery knife to make a ball of soft dough. Dust a sheet of baking parchment with flour, put the dough on top and press with floured hands to make a flat 20cm round. Top with the spinach mixture, scatter over the cheese and walnuts, then bake on the hot baking sheet for 12 mins or until the dough is cooked through and golden.

GOOD TO KNOW low cal • folate • fibre • calcium • 3 of 5-a-day
PER SERVING 462 kcals • fat 17g • saturates 6g • carbs 52g • sugars 12g • fibre 9g • protein 21g • salt 1.4g

Guacamole & mango salad with black beans

SERVES 2 **PREP** 15 mins **NO COOK** V

1 lime, zested and juiced
1 small mango, stoned, peeled and chopped
1 small, avocado, stoned, peeled and chopped
100g cherry tomatoes, halved
1 red chilli, deseeded and chopped
1 red onion, chopped
½ small pack coriander, chopped
400g can black beans, drained and rinsed

Put the lime zest and juice, mango, avocado, tomatoes, chilli and onion in a bowl, stir through the coriander and beans.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 341 kcals • fat 15g • saturates 3g • carbs 33g • sugars 18g • fibre 15g • protein 11g • salt 0.7g

gf tip

Always choose canned beans in water rather than brine because nothing else is added. If you can't find black beans, red kidney beans are the next best choice.





Ratatouille & parmesan bake

Make this tasty bake on a Sunday and the leftovers can go towards the Ratatouille pasta salad with rocket lunch during the week (p15).

SERVES 2 (with leftovers for lunch)
PREP 20 mins **COOK** 25 mins
EASY V ❄

1 large aubergine
2 tsp rapeseed oil, plus extra for brushing
2 red onions, halved and sliced
2 peppers (any colours), diced
2 large courgettes, diced
2 garlic cloves, chopped
400g can chopped tomatoes
2 tsp gluten-free vegetable bouillon
1 thyme sprig, plus a few extra leaves for the top
handful basil, stalks chopped, leaves torn and kept separate

For the topping
1 large egg
150g pot bio yogurt
15-25g vegetarian-style parmesan, finely grated
2 handfuls rocket, dressed with balsamic vinegar, to serve

1 Heat oven to 220C/200C fan/gas 7. Cut the aubergine lengthways into long thin slices – once you have six slices, chop the remainder. Brush the slices very lightly with oil, place on a baking sheet lined with baking parchment and cook for 15 mins, tuning once, until softened and pliable. Turn oven down to 180C/160C fan/gas 4.

2 Meanwhile, heat the oil in a large non-stick frying pan and fry the onions until softened. Stir in the chopped aubergine, the peppers, courgettes and garlic, and cook, stirring, for a few mins more. Tip in the tomatoes and a half a can of water, then stir in the bouillon, thyme and basil stalks. Cover and simmer for 20 mins or until tender. You can add up to half a can of water if the mixture is getting too dry. Stir through the basil leaves.

3 Beat the eggs with the yogurt, cheese and 1 tbsp water. When the ratatouille is ready, spoon half into a shallow ovenproof dish (chill the rest to use for the salad), top with the aubergine slices, then cover with the yogurt mixture and scatter with thyme. Bake for 10-15 mins until the topping is set and starting to colour. Serve with dressed rocket on the side.

GOOD TO KNOW low cal • low fat • calcium • folate • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 310 kcals • fat 11g • saturates 4g • carbs 28g • sugars 25g • fibre 16g • protein 17g • salt 0.5g

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West Indian sweet potato curry

Cooking tomatoes and using canned helps our bodies absorb more of their beneficial nutrient, lycopene, which helps lower cholesterol, strengthens blood vessels and supports our immunity.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V** ❄ curry only

1 tsp rapeseed oil
2 red onions, halved and sliced
thumb-sized piece ginger, finely chopped
2 tbsp Madras curry powder
1 tsp allspice
400g can chopped tomatoes
200g sachet coconut milk
1 tbsp fresh thyme leaves
1 tbsp gluten-free vegetable bouillon
3 sweet potatoes, peeled and cut into large cubes
325g white cabbage, roughly chopped
2 red peppers, chopped

For the rice & peas
125g brown basmati
1 red onion, chopped
2 garlic cloves, chopped
1 tbsp fresh thyme leaves
1 tsp vegetable bouillon
400g can black-eyed beans

1 Heat the oil a very large non-stick frying pan, add the onions and ginger, and cook for 5 mins. Add the curry powder and allspice, then pour in the tomatoes plus a can of water, the coconut milk, thyme and bouillon.
2 Add the sweet potatoes, cabbage and peppers, cover the pan and simmer for 20-25 mins or until all the vegetables are tender but with a little bite, topping up with a little water if looking dry.
3 Meanwhile, tip the rice into a pan with the onion, garlic, thyme and bouillon. Pour in 600ml water, cover and cook for 25 mins or until the liquid has been absorbed and the rice is tender – check towards the end to make sure it isn't catching. Stir in the beans and heat through.

Serve half the rice with half the curry, scattered with a few extra thyme leaves, if you like.

GOOD TO KNOW low fat • iron • folate • fibre • vit c • 5 of 5-a-day
PER SERVING 543 kcals • fat 12g • saturates 8g • carbs 84g • sugars 29g • fibre 18g • protein 15g • salt 0.4g

gf tip

Chill the remaining curry and rice and store in the fridge, then heat through thoroughly in the microwave or in a pan until piping hot. You will need to add a splash of water to the rice to prevent it from sticking to the pan as it reheats.



ALILA

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recipes SARA BUENFELD *photographs* MIKE ENGLISH

MONDAY beetroot & feta



Easy rice salad boxes

HEALTHY · HIGH PROTEIN · 3 OF 5-A-DAY

EACH BOX SERVES 1 PREP 10 mins COOK 25 mins EASY

for the rice base & dressing
100g brown basmati rice
1 red onion, finely chopped
1 tsp vegetable bouillon
½ tsp dried oregano
2 tsp rapeseed oil, preferably cold-pressed
2 tsp cider vinegar
for the tuna salad box
80g canned sweetcorn (no salt or sugar)
2 spring onions, chopped
½ red pepper, chopped
120g can tuna in spring water
for the feta & beetroot salad box
210g can chickpeas, drained
1 cooked beetroot, sliced then cut into strips
25g feta, crumbled
2-3 walnut halves, broken
big handful rocket

1 Put the rice in a medium pan with the onion, bouillon and oregano. Pour in 300ml water, then bring to the boil. Cover, turn down the heat and simmer for 25 mins until tender and the water has been absorbed. Meanwhile, mix the oil and vinegar.
2 Divide the rice between two lunch boxes. Add the corn, spring onion, red pepper and tuna to one box, and the chickpeas, beetroot, feta and walnuts to the other. Spoon the dressing into both boxes, then add the rocket to the beetroot one, but don't toss through until just before eating, or better still, add on the morning that you are eating it. *Will keep for two days in the fridge.*



TUESDAY tuna & corn

TUNA & CORN GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 499 kcals • fat 13g • saturates 2g • carbs 58g • sugars 14g • fibre 8g • protein 34g • salt 0.4g

BEETROOT & FETA GOOD TO KNOW healthy • folate • fibre • iron • 3 of 5-a-day • gluten free
PER SERVING 552 kcals • fat 18g • saturates 5g • carbs 70g • sugars 12g • fibre 12g • protein 20g • salt 0.9g



gf tip
We've suggested what you might like to eat when to ensure everything stays at its best, but feel free to mix it up as the rice will keep for two days and the pasta for three days in the fridge.

Power-packed pasta boxes

HEALTHY · HIGH FIBRE · VIT C

EACH BOX SERVES 1 PREP 20 mins COOK 30 mins EASY

for the pasta base
2 red onions, halved and thinly sliced
150g wholemeal penne
1 lemon, zested and juiced
1 tbsp rapeseed oil, plus a little extra for drizzling
2 large garlic cloves, finely grated
30g pack basil, chopped, stems and all
for the salmon pasta box
½ red pepper, sliced
1 salmon fillet
1 tsp capers
big handful rocket
for the chicken pasta box
1 large courgette, sliced
1 skinless chicken breast fillet, thickly sliced (150g)
2 tsp pesto
5 large cherry tomatoes, halved (80g)
for the aubergine pasta box
1 small aubergine, sliced then diced (about 275g)
5 large cherry tomatoes, quartered (80g)
5 kalamata olives, halved

1 Heat oven to 200C/180C fan/gas 6. Arrange the red onions, red pepper, courgette and aubergine in lines on a large baking sheet. Drizzle with a little oil and roast for 15 mins.
2 Cook the pasta for 10-12 mins until al dente. While the pasta is cooking, loosely wrap the salmon fillet in foil and do the same with the chicken and pesto in another foil parcel, then put them on another baking tray.
3 When the veg have had their 15 mins, put the salmon and chicken in the oven and cook for a further 12 mins (or until the chicken is cooked through). Drain the pasta, put in a bowl and toss really well with the lemon zest and juice, rapeseed oil, garlic and two-thirds of the basil. When everything is cooked, add the red onions to the pasta. Toss together and divide between three lunch boxes.
4 Top the first box with the salmon fillet (remove the skin first), then add the red pepper from the tray. Scatter over the capers and add the rocket. To the second box, add the chicken and pesto with any juices, the roasted courgette and the halved cherry tomatoes. In the third box, toss the aubergine into the pasta with the quartered cherry tomatoes, olives and the remaining basil. Seal up each container and chill. Eat within three days, preferably in the order of the salmon, then the chicken and then the aubergine.

SALMON GOOD TO KNOW healthy • folate • fibre • vit c • omega-3 • 3 of 5-a-day
PER SERVING 579 kcals • fat 25g • saturates 4g • carbs 43g • sugars 10g • fibre 9g • protein 41g • salt 0.5g

CHICKEN GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 475 kcals • fat 10g • saturates 1g • carbs 45g • sugars none • fibre 9g • protein 47g • salt 0.4g

AUBERGINE GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 367 kcals • fat 11g • saturates 1g • carbs 48g • sugars 15g • fibre 15g • protein 11g • salt 0.8g

Food stylist SARA BUENFELD | Stylist FAYE WEARS



Brussels & blue cheese pizza, p65

STARS OF THE SEASON

Perk up your winter veg with these inventive recipes for kale, Brussels sprouts and root veg





Kale with chana & coconut, p61



Indulgent midweek treat
Ready in 30 mins

Pasta with kale, chilli & mascarpone

Toss pasta shells with wilted kale, anchovies, slices of fresh chilli and a creamy mascarpone sauce for a quick weeknight dinner

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

300g pasta, such as orecchiette or conchiglie
4 tbsp mild olive oil
1 red chilli, thinly sliced, deseeded if you don't like it very hot
4 anchovies in oil, drained
1 lemon, zested and juiced
½ tsp freshly grated nutmeg
125g mascarpone
250g kale, large stalks removed, leaves shredded
25g grana padano, finely grated

1 Cook the pasta following pack instructions in a large pan of salted water. Meanwhile, heat the oil in a frying pan, add the chilli and anchovies, and fry gently for a couple of mins, stirring now and again, until the anchovies dissolve in the oil. Stir in the lemon zest and nutmeg and sizzle briefly, then stir in the mascarpone and half the lemon juice. Remove the pan from the heat.

2 When the pasta has 4 mins left, add the kale to the pasta pan, a handful at a time – it will seem like a lot, but will wilt down quickly. Boil just until the kale is bright and tender and the pasta is al dente. Reserve 200ml of the pasta water, then drain the rest. Tip the pasta and kale into the mascarpone pan, add the grated cheese and 100ml pasta water, then toss everything together to coat. Add a splash more water if the pasta seems dry. Season to taste. Scoop into bowls and eat straight away.

GOOD TO KNOW calcium • vit c
PER SERVING 513 kcals • fat 29g • saturates 12g • carbs 46g • sugars 2g • fibre 2g • protein 16g • salt 0.6g

KALE

Kale with chana & coconut

This recipe is a hybrid of two side dishes, chana (chickpea) masala and saag bhaji – spiced greens topped with sizzled garlic.

SERVES 2 as a main, 4 as a side
PREP 10 mins COOK 20 mins EASY V

1 tbsp butter
1 onion, finely chopped
thumb-sized piece ginger, grated
2 heaped tsp cumin seeds
1 tsp each turmeric and ground coriander
2 tbsp tomato purée
200g kale, large stalks removed, leaves finely shredded
400g can chickpeas, drained
250ml vegetable stock
50g fresh coconut, grated
4 heaped tbsp Greek-style yogurt
1 tbsp mango chutney
for the sizzled garlic
1 tbsp vegetable oil
3 garlic cloves, thinly sliced
2 tbsp freeze-dried curry leaves (optional)

1 Heat the butter in a deep frying pan. Add the onion and soften gently for 5 mins, then turn up the heat and add the ginger and spices. Fry for 2 mins until fragrant, then stir in the tomato purée.
2 Add the kale, chickpeas, stock and two-thirds of the coconut, stir well, then cover the pan. Bring to a simmer and let the kale steam for 10 mins until well wilted. Mix in the yogurt and chutney, then season to taste – be careful not to let the curry boil. Take the pan off the heat, then cover it to keep it warm.
3 Heat the oil in a saucepan, then add the garlic (and curry leaves, if using) and sizzle for 30 secs-1 min until the garlic begins to colour. Spoon the oil, garlic and curry leaves over the chickpeas and kale, then finish with the remaining coconut.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 233 kcals • fat 10g • saturates 6g • carbs 21g • sugars 7g • fibre 6g • protein 10g • salt 0.8g



Three more ways with kale...

Kale pesto

MAKES 10-12 servings PREP 10 mins
NO COOK EASY V ❄

Put **85g toasted pine nuts**, **85g grated parmesan** (or vegetarian alternative), **3 garlic cloves**, **150ml olive oil** (preferably half extra virgin), **85g kale** and the **juice of 1 lemon** in a food processer, and whizz to a paste. Season to taste. Add more oil if the pesto is too stiff.

GOOD TO KNOW healthy
PER SERVING (12) 195 kcals • fat 20g • saturates 4g • carbs 1g • sugars none • fibre none • protein 4g • salt 0.1g

Keep it green sandwich

MAKES 1 PREP 10 mins
NO COOK EASY V

Massage **25g curly kale** in **½ tbsp sesame oil** and **½ tbsp soy sauce** (or tamari) for a few mins until softened, then set aside. Mash **1 small avocado** with a fork in a bowl with the **juice of 1 small lime**, **40g chickpeas** and some seasoning. Spread across **1 slice rye bread**, lay the kale on top and sprinkle with **½ tsp paprika**. Top with another slice of rye and halve.

BENEFITS vegan • fibre • vit c • 2 of 5-a-day
PER SANDWICH 443 kcals • fat 27g • saturates 5g • carbs 32g • sugars 2g • fibre 10g • protein 11g • salt 1.8g

Bone builder smoothie

MAKES 1 PREP 5 mins
NO COOK EASY V

Chop **half an avocado** and a **10cm piece of cucumber**, then add to a blender with a **generous handful each of spinach and kale**, **50g pineapple chunks** and **300ml coconut water**. Blitz until smooth.

GOOD TO KNOW vegan • healthy • gluten free
PER SMOOTHIE 262 kcals • fat 16g saturates 4g • carbs 21g • sugars 14g • fibre 9g • protein 8g • salt 1.1g

ROOT VEG

Root veg & ricotta lasagne

This veggie lasagne with sweet potato, carrot and parsnip can be made in advance, then stashed in the freezer to save time.



SERVES 4-5 PREP 15 mins
COOK 1 hr EASY V ❄

3 large carrots, grated
3 large parsnips, peeled and grated
1 sweet potato, peeled and grated
1 tbsp roughly chopped thyme leaves
500g carton passata with onion & garlic
2 tbsp tomato purée
250g ricotta
200g tub crème fraîche
2 medium eggs, beaten
80g grated parmesan (or vegetarian alternative)
oil, for greasing
6 dried lasagne sheets

1 Mix the vegetables, thyme, passata, tomato purée and plenty of seasoning in a bowl. In another bowl, mix the ricotta, crème fraîche, eggs and all but 2 tbsp of the parmesan until smooth.
2 Assemble the lasagne by putting half the veg mixture into the base of a lightly oiled 2-litre gratin dish, followed by a layer of lasagne sheets (broken to fit the dish), then half the ricotta mixture. Repeat the process, finishing with a layer of ricotta mixture, then sprinkle over the remaining parmesan. *Will keep in the freezer wrapped in cling film for up to three months.*
3 Heat oven to 180C/160C fan/gas 4. Cook in the middle of the oven for 1 hr until golden and bubbling.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING (5) 555 kcals • fat 30g • saturates 18g • carbs 50g • sugars 22g • fibre 10g • protein 21g • salt 0.7g

Three more ways with root veg...

Creamed swede & butternut soup

SERVES 4 PREP 10 mins
COOK 40 mins EASY V ❄

Soften **1 chopped onion** in a pan with **1 tsp butter**. Add **1 peeled and chopped swede**, **400g peeled and chopped butternut squash**, **700ml vegetable stock** and **pinches of ground mace and nutmeg**, bring to a simmer, then cover and cook for 20-30 mins or until the veg are tender.

Cool for 5 mins, then whizz to a smooth soup in a blender or with a stick blender. Stir in **100ml each milk and single cream**, season and serve scattered with **chunky croutons**, **snipped chives** and a drizzle more cream, if you like.

GOOD TO KNOW healthy • low fat • 2 of 5-a-day
PER SERVING 152 kcals • fat 8g • saturates 4g • carbs 15g • sugars 10g • fibre 4g • protein 4g • salt 0.6g

Bag-baked carrots with spiced ginger

SERVES 2-4 PREP 10 mins
COOK 1 hr 45 mins EASY V

Heat oven to 200C/180C fan/gas 6. Trim **10 carrots** and put on a few big sheets of baking parchment. Mix **1 tbsp harissa**, the **juice of 1 lemon**, **¼ tsp ground cinnamon**, **1 tsp caraway seeds**, **2 diced balls stem ginger** from a jar, plus **1 tsp of the syrup**. Pour all over the carrots with some seasoning, and toss to mix.

Wrap and scrunch the paper tightly to enclose the carrots in parcels. Bake for 1 hr 45 mins until the carrots are very tender when you poke a knife in. Perfect with roast chicken, or simply top with some crumbled feta and a handful of rocket for a veggie supper for two.

GOOD TO KNOW low fat • fibre • 2 of 5-a-day
PER SERVING (2) 244 kcals • fat 2g • saturates 1g • carbs 44g • sugars 42g • bre 12g • protein 4g • salt 0.4g

Parsnip & white bean purée

SERVES 6 PREP 5 mins
COOK 15 mins EASY V ❄

Put **2 peeled medium parsnips** (about 175-200g) in a saucepan, cover with **vegetable stock** and boil until the parsnips are tender. Transfer to a food processor with a slotted spoon. Add **400g butter beans**, **1 tbsp extra virgin olive oil**, **1 tsp honey**, **1 tbsp sesame seeds** and **½ tsp ground coriander**, then whizz to a smooth purée with 2-3 tbsp of the cooking stock until you've got the consistency you want.

Season with salt and serve scattered with more sesame seeds and a drizzle more oil and honey. Great served with breadsticks or toasted flatbread.

GOOD TO KNOW healthy • 1 of 5-a-day
PER SERVING 95 kcals • fat 4g • saturates 1g • carbs 10g • sugars 3g • fibre 4g • protein 3g • salt 0.3g





4 of your 5-a-day
Winter veg with a Greek-style twist

Minty roast veg & hummus salad

Combine roasted root vegetables with chickpeas and feta cheese in this Greek-inspired salad, which provides an impressive 4 of your 5-a-day.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** V

4 parsnips, peeled and cut into wedges
4 carrots, cut into wedges
2 tsp cumin seeds
400g can chickpeas, drained
2 tbsp vegetable oil
500g pack cooked beetroot (not in vinegar), drained and cut into wedges
2 tbsp honey
200g pot hummus
2 tbsp white wine vinegar
small bunch mint, leaves picked
200g block feta

1 Heat oven to 200C/180C fan/gas 6. Toss the parsnips, carrots, cumin seeds and chickpeas with the vegetable oil and some seasoning in a large roasting tin. Cook for 30 mins, tossing halfway through cooking.

2 Add the beetroot to the tin and drizzle over the honey, then return to the oven for 10 mins. Spread the hummus thinly over a large platter, or divide between four plates. When the veg are cooked, drizzle with the vinegar and toss together in the tin. Tip the roasted veg onto the hummus, scatter over the mint and cheese, drizzle over any juices from the tin and serve.

GOOD TO KNOW calcium • folate • fibre • vitc • iron • 4 of 5-a-day
PER SERVING 611 kcals • fat 26g • saturates 9g • carbs 61g • sugars 36g • fibre 20g • protein 23g • salt 3.5g



gf tip

Leaving your dough to rise overnight in the fridge will boost the flavour, plus you'll be able to whip up a pizza quickly the next day

SPROUTS

Brussels & blue cheese pizza

Baked in the style of an Alsatian white pizza (without tomato sauce), the sprouts in this recipe almost gratinate in a puddle of blue cheese and mascarpone.

SERVES 2 PREP 10 mins plus rising
COOK 10-12 mins EASY V

1 tbsp semolina, or plain or strong flour
220g pack ready-made pizza dough, or 1 x 250g ball homemade pizza dough (see recipe, right)
2 tbsp extra virgin olive oil
2 garlic cloves, crushed
140g Brussels sprouts, shredded
3 tbsp mascarpone
75g soft blue cheese, such as gorgonzola (or vegetarian alternative)

1 Heat oven to 240C/220C fan/gas 9 and put a baking sheet on the top shelf. Dust another baking sheet with some semolina or flour.

2 If using ready-made dough, prepare it following pack instructions. If you've made your own, it should be risen, shaped and rested at this point. Dust the work surface with a little semolina (try not to use too much as this reduces grip), then roll the dough into a rough oblong about 30cm long. Lift onto the baking sheet and reshape if you need to.
3 Mix the oil, garlic and some seasoning, then add in the sprouts and toss to coat. Spread 2 tbsp of the mascarpone over the dough, leaving the edges free, then scatter with the sprouts. Dot with the blue cheese and the remaining mascarpone. Grind over some black pepper, then let the pizza rise for 10 mins at room temperature. Slide the whole thing, baking sheet and all, on top of the hot sheet in the oven and bake for 10-12 mins until golden.

GOOD TO KNOW fibre
PER SERVING 738 kcals • fat 42g • saturates 20g • carbs 65g • sugars 4g • fibre 7g • protein 20g • salt 0.7g

Homemade pizza dough

MAKES 2 pizza bases (approx 250g each)
PREP 20 mins plus at least 1 hr rising and resting
NO COOK EASY V ❄

300g '00' flour or strong bread flour, plus extra for kneading
1 tsp fast-action dried yeast
2 tbsp extra virgin olive oil, plus extra for the bowl

1 Mix the flour, yeast and ½ tsp salt in a large bowl. Add the oil and 200ml warm water, then mix to a rough dough and set aside for 5 mins. The dough should feel damp but not too sticky.
2 Flour the work surface and your hands. Knead the dough for 5-10 mins, put it in an oiled bowl, then cover with oiled cling film and leave to rise for at least 1 hr in a warm room until doubled in size. You can also make the dough a day ahead and leave to rise in the fridge overnight.
3 Divide the dough in half, shape into rounds, then leave for 15 mins – if the dough has been in the fridge, it may need to sit for longer. Use right away, or put in an oiled food bag, squeeze out most of the air and seal to freeze. *Will keep for one month; defrost in the fridge before use.*

PER BASE 641 kcals • fat 13g • saturates 2g • carbs 111g • sugars 2g • fibre 6g • protein 17g • salt 1.3g

Three more ways with sprouts...

Sprout & chorizo carbonara

SERVES 2 PREP 10 mins
COOK 25 mins EASY P

Cook **140g cubed chorizo** in a frying pan with **olive oil**, stirring until the oils are released. Halve and finely slice **250g Brussels sprouts**, add to the pan, season and cook for 10 mins. Cook **200g spaghetti** following pack instructions. Whisk **3 egg yolks**, **150ml single cream** and **50ml milk** with **25g grated parmesan** and a grind of black pepper. Drain the pasta, reserving a cup of the cooking water. Add the pasta to the frying pan, reduce the heat to very low and add the egg mixture. Toss everything for 2-3 mins until the sauce has thickened – add the pasta water if it looks dry.

PER SERVING 956 kcals • fat 49g • saturates 22g • carbs 80g • sugars 11g • fibre 11g • protein 42g • salt 1.4g

Charred Brussels & bulghar salad

SERVES 2 PREP 10 mins
COOK 10 mins EASY V

Put **150g rinsed bulghar wheat** in a saucepan and cover with 300ml water. Bring to the boil, then reduce to a simmer, cover and cook for 5 mins until tender. Drain. Meanwhile, heat a griddle pan to high and char **200g leftover Brussels sprouts**. Mix **25ml buttermilk**, **1 tbsp white wine vinegar, 60g crumbled blue cheese** and **2 tbsp mayonnaise** with some seasoning and 1 tbsp water. In a bowl, mix the bulghar wheat with the sprouts, **1 finely sliced red onion**, **a handful of halved cherry tomatoes** and **½ small pack of chopped parsley**. Drizzle with the dressing to serve.

PER SERVING 732 kcals • fat 38g • saturates 9g • carbs 69g • sugars 13g • fibre 12g • protein 22g • salt 0.9g

Smashed sprouts mash with chestnuts

SERVES 8 PREP 5 mins
COOK 12 mins EASY V

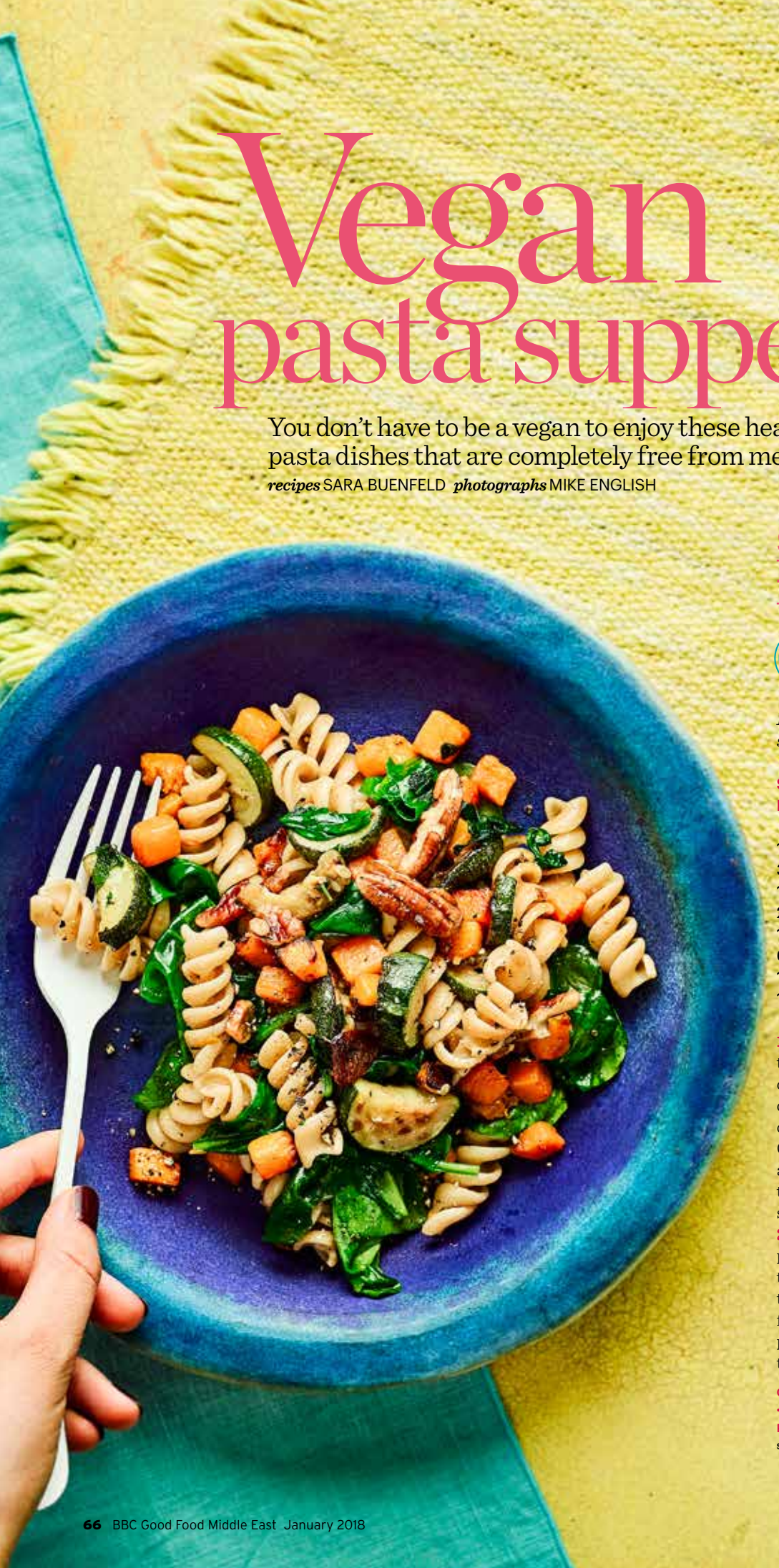
Put **600g halved Brussels sprouts** in a pan, cover with boiling water and cook for 8-10 mins or until very tender. Drain and leave to steam-dry for a few mins, then tip back into the pan and mash to a chunky texture with a potato masher. Add **50g butter**, **100ml cream** and **half a grated nutmeg**, season well and cook for a further 2 mins. Mix in **100g chestnuts**, then sprinkle over another 100g to serve.

PER SERVING 184 kcals • fat 14g • saturates 7g • carbs 13g • sugars 4g • fibre 4g • protein 3g • salt 0.1g

Vegan pasta suppers

You don't have to be a vegan to enjoy these healthy but flavour-packed pasta dishes that are completely free from meat, fish, eggs and dairy

recipes SARA BUENFELD *photographs* MIKE ENGLISH



Squash & spinach fusilli with pecans

HEALTHY · LOW CAL · 3 OF 5-A-DAY

Keep the butternut quite small, about the size of a dice, so that it cooks quickly.

SERVES 2 **PREP** 10 mins **COOK** 40 mins
EASY V

160g butternut squash, diced
3 large garlic cloves, sliced
1 tbsp chopped sage leaves
2 tsp rapeseed oil
1 large courgette, halved and sliced
6 pecan halves
115g wholemeal fusilli
125g bag baby spinach

1 Heat oven to 200C/180C fan/gas 6. Toss the butternut squash, garlic and sage in the oil, then spread out in a roasting tin and cook in the oven for 20 mins, add the courgettes and cook for a further 15 mins. Give everything a stir, then add the pecans and cook for 5 mins more until the nuts are toasted and the vegetables are tender and starting to caramelise.

2 Meanwhile, boil the pasta according to pack instructions – about 12 mins. Drain, then tip into a serving bowl and toss with the spinach so that it wilts in the heat from the pasta. Add the roasted veg and pecans, breaking up the nuts a little, and toss again really well before serving.

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 353 kcals • fat 12g • saturates 1g • carbs 45g • sugars 6g • fibre 9g • protein 13g • salt 0.1g

Garlicky mushroom penne

HEALTHY LOW FAT HIGH FIBRE

A quickly blitzed low-fat houmous adds protein to this mushroom sauce, as well as a lovely texture.

SERVES 2 **PREP** 20 mins **COOK** 15 mins **EASY** V

- 210g can chickpeas, no need to drain
- 1 tbsp lemon juice
- 1 large garlic clove
- 1 tsp vegetable bouillon
- 2 tsp tahini
- ¼ tsp ground coriander
- 115g wholemeal penne
- 2 tsp rapeseed oil
- 2 red onions, halved and sliced
- 200g closed cup mushrooms, roughly chopped
- generous handful chopped parsley
- ½ lemon, juiced

1 To make the houmous, tip the chickpeas and their liquid into a bowl and add the lemon juice, garlic, bouillon, tahini and ground coriander. Blitz to a wet paste with a hand blender, still retaining some texture from the chickpeas.
2 Cook the pasta according to pack instructions. Meanwhile, heat the oil in a non-stick wok or large frying pan and add the onions and mushrooms, stirring frequently until softened and starting to caramelise.
3 Drain the pasta and tip in with the mushrooms, then take off the heat and stir through the houmous and parsley. Toss together lightly, squeeze over the lemon juice and serve, adding a dash of water to loosen the mixture a little if needed.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • 3 of 5-a-day
PER SERVING 436 kcals • fat 12g • saturates 1g • carbs 59g • sugars 11g • fibre 13g • protein 18g • salt 0.2g



Food stylist SARA BUENFELD | Stylist FAYE WEARS



Linguine with avocado, tomato & lime

HEALTHY LOW CAL VIT C

Avocado is well worth including in your diet because of its healthy oils. Based on the flavours of guacamole, this no-cook pasta sauce is designed to be eaten warm or cold.

SERVES 2 **PREP** 20 mins **COOK** 10 mins **EASY** V

- 115g wholemeal linguine
- 1 lime, zested and juiced
- 1 avocado, stoned, peeled, and chopped
- 2 large ripe tomatoes, chopped
- ½ pack fresh coriander, chopped
- 1 red onion, finely chopped
- 1 red chilli, deseeded and finely chopped (optional)

1 Cook the pasta according to pack instructions – about 10 mins. Meanwhile, put the lime juice and zest in a medium bowl with the avocado, tomatoes, coriander, onion and chilli, if using, and mix well.
2 Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm, or cold.

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 450 kcals • fat 20g • saturates 4g • carbs 49g • sugars 11g • fibre 13g • protein 11g • salt 0.4g

Vegan treats

Everyone will love these crunchy biscuit bars with a gooey caramel centre

recipe JESSICA GOOCH *photograph* CLARE WINFIELD

Salted caramel biscuit bars

A healthier take on one of our favourite chocolate bars, these biscuits are packed with wholesome ingredients, and free from refined sugar and dairy. Look out for medjool dates, as they are stickier than other varieties and give the biscuits a sweet, squidgy caramel centre.

MAKES 18 **PREP** 45 mins plus setting
COOK 15 mins **MORE EFFORT**

For the biscuit base
80g porridge oats
20g ground almonds
50ml maple syrup
3 tbsp coconut oil, melted

For the caramel filling
125g medjool dates, pitted
1½ tbsp smooth peanut or almond butter
2 tbsp coconut oil, melted
½ tbsp almond milk
generous pinch of salt

For the topping
150g dairy-free dark chocolate

1 Heat oven to 180C/160C fan/gas 4 and line a large baking tray with baking parchment.
2 For the base, blitz the oats in a food processor until flour-like. Add the remaining ingredients and whizz until the mixture starts to clump together. Scrape into a bowl, then roll and cut into 18 equal-sized rectangular bars, about 9 x 2cm. Place on the prepared tray and use a small palette knife to neaten the tops and sides of each biscuit. Bake for about 10 mins until lightly golden at the edges, then leave to cool.
3 Meanwhile, put all the caramel ingredients in the food processor (no need to rinse it first) and blitz until it forms smooth, shiny clumps. Using a spatula, push the mixture together, then roll into 18 even-sized balls using your hands.
4 Once the biscuits are cool, squash the caramel onto them. Use your fingers to press it into shape and smooth out any bumps, especially around the edges (as they will show underneath the chocolate coating).
5 Melt the chocolate in a heatproof bowl set over a pan of simmering water – make sure the water doesn't touch the bowl (otherwise, it might seize and go grainy). Carefully dip one of the caramel-coated biscuits in the chocolate, turning it gently with a small palette knife (use this to lift it out as well). Use a spoon to drizzle over more chocolate to coat it fully. Let the excess chocolate drip into the bowl, then carefully put the biscuit back on the lined tray.
6 Repeat with the remaining biscuits, then chill in the fridge for at least 30 mins or until the chocolate has set. Put the biscuits in an airtight container and store in the fridge. *Will keep for five days.*

GOOD TO KNOW vegan
PER BAR 137 kcals • fat 8g • saturates 5g • carbs 13g • sugars 8g • fibre 2g • protein 2g • salt 0.1g

Food styling ELLIE JARVIS | Styling WEI TANG




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MASTERCHEF MAKEOVER

Chinese beef hotpot

Chinese New Year is on February 16

This month, BBC *MasterChef* judge **John Torode** gives our warming Chinese stew a fresh new flavour

photograph DAVID MUNNS

No nation has mastered the art of slow-cooking better than China. Simmered stews, traditionally cooked in clay pots, transform even tough and cheap cuts into something deliciously tender. To update the original *Good Food* recipe, I've added a few flavour boosters and aubergine, which takes on a new character when cooked like this. This is just the type of recipe to have bubbling away on a cold day.



Every month, chef and *Good Food* contributing editor John Torode reinvents a popular recipe from our website. @JohnTorode1



Chinese beef & aubergine hotpot

SERVES 8 **PREP** 20 mins
COOK 3½ hrs **MORE EFFORT**

5 star anise
1 cinnamon stick
3 tbsp sunflower oil
2kg braising steak (shin is best), cut into large chunks
1 litre chicken stock
3 red chillies, split in two and deseeded, plus extra sliced into rounds to serve
100g galangal (use ginger if you can't find galangal), sliced
2 tbsp Thai fish sauce
200ml soy sauce
1 tbsp demerara sugar
6 kaffir lime leaves
3 aubergines, cut into wedges
rice and coriander, to serve

1 Heat oven to 150C/130C fan/gas 2. Heat a large casserole dish, toast the star anise and cinnamon until fragrant, then scoop out of the dish. Add the oil, then brown the beef in batches (be careful not to overcrowd the pan). Set the meat aside on a plate.
2 Add the rest of the ingredients except for the aubergine to the dish, stir well and bring to the boil. Add the spices and meat back in, skim off any fat that comes to the surface, then cover the casserole and cook in the oven for 2 hrs.
3 Remove the lid, add the aubergine, and give everything a good stir, then return to the oven and cook for 1 hr uncovered until the aubergine and meat are tender. Rest until cool enough to eat. Scatter over the coriander and sliced red chilli, then serve with rice.

PER SERVING 389 kcals • fat 20g • saturates 7g • carbs 10g • sugars 8g • fibre 2g • protein 38g • salt 4.3g

Shoot director ELIZABETH GALBRAITH | Food stylist JENNIFER JOYCE | Stylist VICTORIA ALLEN



Pistachio sponge with honey & thyme crème fraîche & frosted pistachios, p74

Tom Kerridge

Baking

Each month the BBC chef focuses on a key technique, and shares new seasonal recipes

photographs TOM REGESTER



Good Food contributing editor Tom Kerridge is chef-owner of The Hand & Flowers and The Coach – both in Marlow, Buckinghamshire. His latest book, *Tom Kerridge's Dopamine Diet* (Dhs100, Absolute Press), is out now. Each month Tom creates exclusive recipes for us. @*ChefTomKerridge*

Baking is a dry-heat method of cooking. Traditionally it involved cooking on or under hot coals, whereas roasting was done over open flames. Now that both are done in the oven, they're trickier to distinguish.

Roasting generally means cooking solid foods like meat and vegetables in fat, often at high temperatures, until crisp and golden. Baking uses less or no cooking fat and mostly involves a change from liquid or soft solid to firm solid – soft bread dough to airy loaf; liquid cake batter to springy sponge; pliable raw pastry to crumbly short or layered puff.

When applied to other food, 'baked' usually means putting ingredients in a closed casserole, wrapping in foil, immersing in a sauce or placing on top of a bed of veg (as in my mullet recipe, p76), at a lower temperature than roasting. Timing is key. For perfectly textured and golden bakes, keep an eye on your oven and set a timer in case you get distracted.

Pistachio sponge with honey & thyme crème fraîche & frosted pistachios

Using good-quality pistachio paste adds moisture and a smooth nutty flavour to this bake. It can be ordered online from souschef.co.uk.

SERVES 12 **PREP** 35 mins
COOK 45-50 mins **MORE EFFORT**

For the sponge
200g butter, plus extra to grease
300g golden caster sugar
100g pistachio paste
300g self-raising flour
4 large eggs

For the frosted pistachios
125g golden caster sugar
100g pistachios (the super green variety if you can get them)

For the thyme crème fraîche
300g crème fraîche
60g honey
1 tbsp picked thyme leaves

1 Heat oven to 170C/150C fan/gas 3½. Grease and line a 900g loaf tin with a strip of baking parchment that hangs slightly over either end of the tin. To make the sponge, beat the butter and sugar using an electric hand whisk or tabletop mixer until light and fluffy. Add the pistachio paste and 2 tbsp of flour, then beat the eggs in one at a time. Once fully combined, fold in the remaining flour.
2 Spoon the mixture into the tin and bake for 45-50 mins. Remove from the oven, cool in the tin for 10-15 mins, then lift out onto a wire rack using the ends of the baking parchment.
3 While the cake bakes, make the frosted pistachios. Line a baking tray with baking parchment. Mix the sugar with 2 tbsp water in a small saucepan and bring to the boil. Add the nuts and stir until the sugar starts to crystallise. Once the nuts are covered in a white crystal coating, turn out onto the lined tray and leave to cool.
3 Whip the crème fraîche with the honey and thyme. Serve with slices of the cake and the frosted nuts.

PER SERVING 589 kcals • fat 33g • saturates 17g • carbs 63g • sugars 42g • fibre 3g • protein 9g • salt 0.6g

Onion & goat's cheese tarts

These are first baked at a high temperature so the pastry rises and sets, and then at a lower temperature to cook through without burning.

SERVES 6 **PREP** 25 mins plus 1 hr chilling **COOK** 1 hr 20 mins
MORE EFFORT **V**

100g golden caster sugar
50ml cider vinegar
vegetable oil, for frying
3 large white onions, halved
6 thyme sprigs, plus extra picked thyme leaves to serve
320g sheet ready-rolled, all-butter puff pastry
150g ash goat's cheese log, sliced into six discs

1 Line a baking tray with baking parchment. Put the sugar in a heavy-based saucepan and melt over a medium heat. Cook to a dark caramel, occasionally swirling the pan gently to help melt any remaining sugar and get an even colour. Add the vinegar, stir to combine, and pour into the tray, spreading it out. Leave to cool.
2 Heat oven to 180C/160C fan/gas 4. Add a splash of oil to an ovenproof frying pan over a medium-high heat. Lay the onions flat-side down and fry until blackened and just starting to burn, about 5 mins. Add the thyme sprigs, then transfer to the oven and bake for 25 mins. Once the onions are tender, remove from the pan. Space them out evenly, cut-side down, on the caramel and leave to cool.
3 Once the onions are cool, cut the pastry into six equal discs, each large enough to cover an onion half. Cover the onions with the pastry, tucking it under slightly. Put the tray in the fridge for 1 hr so that the pastry firms up a bit.
4 Heat oven to 200C/180C fan/gas 6. Bake the onion tarts for 20 mins, then reduce heat to 180C/160C fan/gas 4 and bake for 10 mins more.
5 Remove from the oven and leave to cool. Once cool enough to handle, turn the tarts so the onions are now facing up. Lay a slice of goat's cheese on top of each and bake for a further 10 mins. Remove from the oven and sprinkle over a few thyme leaves to serve.

GOOD TO KNOW 1 of 5-a-day
PER TART 414 kcals • fat 22g • saturates 11g • carbs 43g • sugars 25g • fibre 4g • protein 9g • salt 0.8g

Food styling BECKS WILKINSON | Styling AGATHE GITS





Baked red mullet with bacon, leeks & grapefruit

Putting the fish on top of the leek ragout protects it from the heat of the dish, so it bakes gently without drying out.

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

1 tbsp vegetable oil
80g bacon lardons
1 onion, finely chopped
2 leeks, sliced into rings and washed
1 pink grapefruit, zested and cut into segments
30g butter
2 red mullets, scaled, filleted and bones removed (ask uour fishmonger)

1 Heat oven to 180C/160C fan/gas 4. Heat the oil in a shallow flameproof casserole. Fry the bacon until crisp and golden, then add the onion and leeks. Cook until they just start to soften, about 2 mins, then stir in the zest and butter. Once melted, lay the mullet, skin-side up, on top of the leek ragout. Season with flaky sea salt and bake uncovered for 12 mins.
2 Meanwhile, put the grapefruit segments on a heavy baking sheet and blowtorch or grill until the segments are charred with a toasty edge. Remove the fish from the oven, top with the charred segments and serve.

GOOD TO KNOW vit c • folate • fibre • 3 of 5-a-day • gluten free
PER SERVING 465 kcals • fat 30g • saturates 11g • carbs 19g • sugars 8g • fibre 8g • protein 27g • salt 1.6g

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Tony Naylor
My restaurant rules for the New Year



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Our soothsaying columnist shares his predictions and wishes for the foodie year ahead



Will 2018 be the year the prosecco bubble bursts? Is liver due a revival? Could this be the year plant-based dining comes of age? As 2017 ends, we are all attempting to predict how 2018 will pan out. But beyond such forecasting, how would I personally like to see food improve? Here's my wish list...

The no-shows can't go on If you book at a cool local indie (the sort of restaurant that wouldn't dream of demanding your credit card details), and, suddenly, you can't make it: phone to cancel. Let them fill that table. It's good manners, but, more than that, seats left empty by no-shows are killing dedicated chef-owners. The no-show should become a strict no-no.

Leaf it out! No dish needs prettifying with pea shoots, ornamental chives, or decorative fruits. As someone who, in 2017, was served treacle tart titivated with basil leaves (!), I am begging for a full garnish moratorium.

I Can't Believe It's Not (Salted) Butter Secretly, no-one likes bland unsalted butter. Not even chefs. Let's free ourselves of this pretentious affectation!

Not bowled over While *@WeWantPlates* clutches its pearls over food served on shovels and in shoes, a far greater nuisance has gone unchecked. That is, serving mains in wide sloping bowls that it's impossible to rest your cutlery against without it slipping in and getting covered in food. Bin them.

Tourist traps Despite heroic work by innovative restaurateurs, areas that attract lots of tourists are, often, terrible for dining. Dominated by chains and venues pushing pricy, mediocre food to a captive audience. It requires urgent intervention.

Singular talents In everything from staff uniforms (aprons) or lighting (filament bulbs), to food and drink (bao, tacos, craft hops), the restaurant scene has rarely felt as herd-like. Jumping on hot trends feels kind of... samey. In 2018, therefore, let's celebrate those maverick chef-owners, running restaurants brimming with personality.

Goodbye-valve 'Is there anything you don't eat?' asks the head waiter, solicitously. Restaurant code for: the chef will now serve you an amuse involving oysters because he is an unimaginative sadist. Why is this divisive delicacy, this briny bivalve the texture of bronchial phlegm, still ubiquitous?

A casual affair I love the informality of modern British dining, but I'm sick of small plates arriving in chaotic salvos; matey incompetent service; 'sharing food' that isn't (how do I split a plate of peas, curds and charred cabbage?). Casual should not mean sloppy. Restaurants need to tighten up.

Pie in the sky As a nation, we've almost accepted that, in pubs, a 'pie' now means casserole topped with a puff pastry lid. Not me. I demand a proper pie. With a full pastry casing. Is that too much to ask, chef?

Tony Naylor writes for *Restaurant* magazine and *The Guardian*.

Do you agree with Tony? What do you love and loathe about restaurants? Let us know on Facebook and Twitter *#bbcgfopinion*

Illustration NICK SHEPHERD | Portrait DAVID COTSWORTH



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REVITALISE AND RELAX

Trying to shake off the festive indulgence? Why not treat yourself to a day of revitalisation at the spa, followed by a nourishing meal packed with all the goodness your body needs? Here are a few of our favourite spots across the Middle East to revitalise, re-energise and relax. **By Sophie McCarrick**



The Spa at Palace Downtown Dubai, UAE

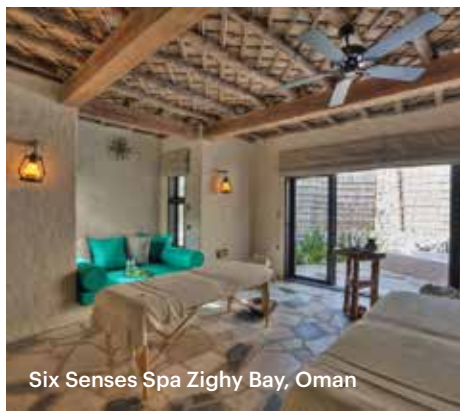
Where?

THE SPA AT PALACE DOWNTOWN DUBAI, UAE

What's on offer?

Offering an exclusive retreat for those seeking a relaxing environment to rejuvenate and refresh mind and body, The Spa boasts Oriental treatments in a unique Arabic environment. Facilities include hammam slab, Jacuzzis, Monsoon showers, steam rooms, a dedicated consultation space, relaxation lounge and retail counter. After your treatment, head to Al Bayt lounge where you can sip on the finest, refreshing teas while enjoying panoramic views of Burj Lake and The Dubai Fountain.

Get in touch: Call 04-4287805 or e-mail spawomen@thepalace-dubai.com / spamen@thepalace-dubai.com.



Six Senses Spa Zighy Bay, Oman

Where?

SIX SENSES SPA ZIGHY BAY, OMAN

What's on offer?

Six Senses Spa Zighy Bay is a refuge for mind and body; it's a retreat from the busy humdrum of daily life; a haven for the calm and relaxed soul; a sanctuary of ultimate well-being. Committed to delivering integrated wellness experiences along with peace, tranquility, fitness and health, Six Senses combine innovative and ancient holistic treatments from expert in-house and visiting wellness consultants.

Get in touch: Call +968-26735555 or visit sixsenses.com/resorts/zighy-bay/spa.



Iridium Spa, The St. Regis Dubai

Where?

IRIDIUM SPA, THE ST. REGIS DUBAI, UAE

What's on offer?

For an indulgent start to the New Year, the Iridium Spa has introduced a luxurious gold-infused therapeutic massage. The Gilded Indulgence is inspired by New York's gilded age and focuses on complete decadence to reflect the life of the city's elite. Enjoy soothing jazz music as the treatment begins with a deep cleansing exfoliation, followed by a relaxing hot stone back massage with warm golden oil gilded over you. The overall pampering experience continues with a bespoke facial, carefully curated to suit each guest's individual desires before concluding with an indulgent chocolate bonbon and spatini. The signature Gilded Indulgence spa treatment includes a cleansing back scrub, hot stone therapy and bespoke facial, priced at Dhs1,040 for 120 minutes. Enjoy complimentary access to spa facilities, including sauna, steam room, whirlpool and luxurious relaxation area, The Iridium Room.

Get in touch: Call 04-4355500, e-mail iridiumspa.dubai@stregis.com or see iridiumspadubai.com.

Text by SOPHIE MCCARRICK | Photographs SUPPLIED







Where?

THE SPA AT FOUR SEASONS HOTEL BAHRAIN BAY, BAHRAIN

What's on offer?

This impressive spa showcases a range of purely indulgent packages that aim to ignite a sense of balance and serenity. Made up of four interconnected buildings woven together with pathways and lusciously green gardens with modern design filled with natural light, the 17-room spa here reflects modern Moroccan and Turkish influences.

Using only ethnically sourced products, treatments at The Spa are inspired by traditional healing therapies from Asia, India and the Middle East. Choose from a selection of massages like the signature Bahrain massage, hot stone massage or a deep tissue massage.

We'd recommend the invigorating oud massage for easing stress, melting away any tension and re-energising. The deep tissue massage applies firm pressure with relaxing strokes to ensure balance and harmony for both the body and mind.

Additional treatments like reflexology, aromatherapy, body wraps and exfoliation are also available at the The Spa, or beauty pampering like hairdressing, manicure, pedicure, waxing are available from the beauty salon and the barber shop.

And, don't forget to bring your sports gear and swimwear along with you as there's a fully-equipped fitness centre, a studio for yoga, Pilates, spinning and other exercise classes, plus five different swimming experiences, ensuring that there's something for everyone.

Before or after your treatment or workout, unwind in the male or female dressing rooms, which are no ordinary locker rooms – complete with Turkish hammams, a whirlpool, a salt-inhalation centre and a relaxation area with a private terrace for women.

When it comes to healthy food, Four Seasons Hotel Bahrain Bay has several options to choose from, including CUT by Wolfgang Puck where you can enjoy light bites such as blue crab and shrimp cocktail with spicy tomato horseradish, or a butter lettuce salad with avocado, Roquefort blue cheese and herb vinaigrette.

Get in touch: Call +973 1711 5000 or visit fourseasons.com/bahrain/spa/.

Where?

CHI, THE SPA, SHANGRI-LA HOTEL QARYAT AL BERI, UAE

What's on offer?

Drawing inspiration from the origins of the Shangri-La legend, a place of personal peace, enchantment and well-being, all massages and treatments at CHI, The Spa are based on authentic natural healing methods found in traditional well-being practices shared by many Asian cultures. Combining the flavours we love with pampering, opt for an Arabian Date Body Wrap, or an Arabic Coffee Scrub, among many other available treatments. Then for dinner, enjoy a refined experience at Bord Eau French restaurant, where the chef de cuisine prepares healthy dishes using seasonal fresh produce that is flown in from France.

Get in touch: Call 02-5098900 or e-mail chi.abudhabi@shangri-la.com.



Where?

FAIRMONT THE PALM, DUBAI, UAE

What's on offer?

Offering a wide range of health and fitness activities, Fairmont The Palm's Willow Stream Spa and leisure facilities act as a place for relaxing, socialising, wellbeing and fitness. Enjoy a spa day pass for Dhs120, or take one of many classes including Aquaspin, which involves spin bikes submerged inside water to ride on for 45 minutes (morning and evening, daily), or full moon yoga on February 3 from 8pm. Or opt for something a little different and take a 'state of one self-investment' personalised 3-hour workshop, which is includes a 1-hour meditative massage, a creative art therapy session, and a self-investment gift, priced at Dhs950.

Get in touch: Call 04-4573545 or e-mail palm.willowstream@fairmont.com.





Where?

TALISE SPA, MADINAT JUMEIRAH, DUBAI, UAE

What's on offer?

A unique destination combined with luxurious spa experiences, Talise Spa is peacefully located within the tranquil waterways of Madinat Jumeirah. With treatments personalised to cater to what you're looking for, choose from a variety of signature experiences, facials, massages and body treatments – all performed in one of the 26 treatment rooms, inclusive of three couples' suites. Afterwards, fill-up on nutritious salads or energy drinks at Talise Café, offering á la carte dining throughout the day and light meals in the evening – all low in calories and high in protein.

Get in touch: Call 04-3666818 or e-mail MJtalise@jumeirah.com.

Where?

ESPA, YAS VICEROY ABU DHABI, UAE

What's on offer?

Enter a sanctuary of rejuvenation at ESPA, where classic healing traditions blend with modern techniques. With nine treatment rooms, separate private areas for male and female guests, a relaxation lounge overlooking the Yas Marina race track, plus the Viceroy Presidential Treatment Suite featuring its own hammam, steam room with a rain shower and color therapy, and Kinesis fitness equipment – this spa is idea for those looking for a quick escape from their fun-filled stay on Yas Island. Post-treatment, pop into Kazu, the hotel's Japanese restaurant for a delicious, low-cal meal from the robatayaki grill, or the sushi and sashimi bar.

Get in touch: Call 02-6560862 or e-mail espa.spa@viceroyhotelsandresorts.com.





Where?

RIXOS PREMIUM DUBAI, UAE

What's on offer?

Newly opened at the buzzing beachfront area of Jumeirah Beach Residence, Rixos Premium Dubai is a hotel alive with vibrancy and style. The ultra-modern property boasts trendy, contemporary interiors and an upbeat atmosphere – it's just the place for those looking to shake off the festive cobwebs, with a great selection of restaurants to choose from (nine restaurants and bars to be exact), a state-of-the-art fitness centre, RixGym, Natureland Spa, and an outdoor swimming pool that leads onto the beach.

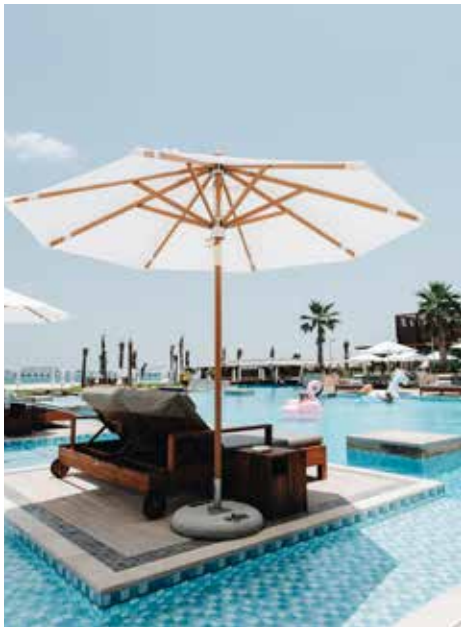
The lifestyle-driven hotel is 35-floors high and is home to 414 stylishly designed rooms and suites, some of which look out onto the Arabian Gulf and the world's largest ferris wheel (in the making), The Dubai Eye.

True to Rixos' origins, the hotel's signature eatery Turquoise serves flavoursome, authentic Turkish cuisine from breakfast through to dinner, and also offers Friday brunch every week from 1 – 4pm. Before watching the











sunset at the pool, journey through an interactive buffet that showcases Middle Eastern, Turkish, Mediterranean and Far Eastern flavours – expect highlights like Turkish-style pasta, donner kebab, grilled meat, stuffed mussels and Turkish Künefe. The selection also includes generous vegetarian options and a plentiful salad section.

Upstairs at Crystal Lounge, artisanal brews take center stage. For a moment of relaxation (perhaps before or after you enjoy a spa treatment), listen to the sounds of a soulful saxophone player and pianist as you sip on fragrant teas and premium coffee blends, complimented by light canapes and Turkish delights. The Afternoon Tea experience is priced at Dhs190 per person and takes place daily from 2 – 6pm.

Other dining experiences include the beachside, seafood restaurant Riviera Beach Grill, or next door you'll find Azure Beach with its pool, beach and outdoor lounge facilities. For steak lovers, STK Steakhouse launched just a few weeks ago (see review on p15), as well as Black Tap Craft Burgers & Shakes, and Lock, Stock & Barrel. The hotel is also home to Inner City Zoo club.

To work off dinner, head to RixGym, which boasts floor-to-ceiling views of the Arabian Gulf. Fully-equipped with Technogym equipment, the gym includes features like a weight machine, free weights, bicycles, treadmills and elliptical trainers.

Find your serenity at the Natureland Spa retreat afterwards, where a signature Ottoman hammam awaits, set to revitalise with Turkish rituals. Expect a journey of deep cleansing, rigorous exfoliation, detoxification and purification leaving your body with increased circulation, a healthier immune system, completely relaxed and nourished beautiful skin. Using acupressure massage, therapists are trained in a technique built upon the therapeutic usage of applying pressure to acupuncture meridian points. By clearing blockages in these meridians, blood circulation can be improved, it promotes healing, and increases metabolism to remove toxins in the body.

All in all? This hotel is a stylish property that's bustling with life. There's plenty of delicious options for dining, a lively beach club area and a gorgeous, relaxing spa to chill out at.

Get in touch: Call 04-5200000 or visit premiumdubai.rixos.com.

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BBC goodfood Middle East

Cooking with CREAM

A versatile ingredient used in kitchens globally, cream can be utilised to create everything from sweet and savoury sauces to forming the base of many desserts and patisserie. It's great drizzled over a hot pudding, spooned atop soup or poured over baked fish, creating smooth textures and rich flavours. We journey to France to discover how cream is made and why the country's product is of the best in the world. **By Sophie McCarrick**



Photographs SUPPLIED





Cream, an ingredient used in so many recipes. From filling and topping cakes to creating creamy sauces for savoury, popular dishes like carbonara, we use cream a lot in the kitchen. But, have you ever wondered what goes into the creation of high-quality cream before it reaches you at the supermarket?

Recently we travelled to France, where the dairy industry is one of the country's biggest economies. The production of cream is big business for the nation, and the French take great pride in the quality of their product – which has been recognised globally.

What makes French cream so good? It all starts with milk – very, very good milk. In order to get such a high standard of milk, you need happy cows, and to have happy cows, the animals must be treated correctly and kept in the right conditions – both of which France have mastered.

In coastal areas of France such as Normandy and Brittany – home to popular dairy brands like Paysan Breton and Isigny Ste Mere – conditions are humid with a mild climate, the soil is rich and fertile, and pastures for grazing are of exceptionally high quality, which is turn keeps cows well-nourished and content (stress-free cow = good milk!).

Animal welfare is a top priority for French farmers. They ensure that cows are allowed to roam in both indoor and outdoor spacious, clean areas, they are never fasted and always kept well fed and watered, they are regularly checked for disease, and never left in any discomfort. It's these conditions that create a fearless and stress-free environment for the animals.

Milk to cream

With the right milk, cream is then created. Fresh unpasteurised milk quickly separates and the fat rises to the top. It is this fat layer that is skimmed off, pasteuried and is known as cream (the reason why many people shake milk jugs when taking from the fridge). However, not all cream is the same – there's single cream, double cream, whipping cream, light cream, soured cream, créme fraiche and clotted cream.

The difference between creams is the amount of fat contained within. Creams are sold in different grades depending on the fat content, which you'll see listed as a percentage on the packaging. The higher the fat content contained in the cream, the easier it will be to use, as the fat holds the liquid elements together. This means that the higher fat cream will be less likely to curdle or split when mixed in with hot ingredients, and will also whisk well into an airy, light and fluffy whipped cream.

When purchasing cream, if you need to whip the cream you'll require a cream with around 30% to 36% fat content – these percentages will also give your cream a nice lactic cream taste. Alternatively, if you are cooking with cream in a dish that requires a long period of cooking, or in a dish with quite a bit of acidity, you'd be best going with around 12% - 15% fat content cooking cream.

Types of cream

Single cream is a richer version of milk, with around 18% fat content. You can use it for pouring or adding to coffee. Single cream will not whip and will curdle if boiled, so it can't be a substitute in recipes that call for whipping or double cream.

Whipping cream has around a 36% fat content, which allows air to be trapped when whipped, roughly doubling the volume. Once whipped, it

FRENCH CREAMS TO TRY!

Available at all major supermarkets across the UAE, including Carrefour, Choithrams and Spinneys, here are some of the high in quality French creams that we'd recommend trying.



Président



Elle & Vire



Paysan Breton



Isigny Ste Mere





STEP-BY-STEP

Before picking up a nicely packed carton of cream at your local supermarket, this is the process your cream goes through to be made.

1 Milking of cows takes place at certified farms.
2 Milk is cooled and then undergoes multiple sampling analysis tests to ensure it's good for consumption.
3 Milk is then skimmed in a machine. Since fat is lighter than the other milk components, it concentrates around the central axe of the skimming machine to form the cream.
4 The cream then goes through UHT treatment, to make give it a longer shelf life (heated above 140C for two seconds then cooled), followed by homogenisation.
5 Cream is then cooled before it is packed and distributed to supermarkets.



TOP TIPS

Two of the Middle East's best pastry chefs lend advice on handling cream in the kitchen.

- You need to be quite careful while working with cream. Don't heat it for too long. Always ensure that your cream is nice and fresh so that you can whip and work it correctly, says chef Mayada Badr.
- Cream is a delicate ingredient. It is very important to be careful while working with it to create that perfect texture. I whip my cream by hand, and I like doing this because I have found that I can control it better than a mixer. Though this does take longer, I am so thrilled with the end result that it's certainly worth the effort, says Waddah Bou Saad.

can be used to top desserts or fill cakes and pastries.

Double cream is the thickest with around a 48% fat content. It makes an ideal pouring cream, such as when serving with fruit, or it can be whipped and piped for decorating desserts. It can also be used to add richness and creaminess to savoury dishes. Extra thick double cream is made by heating then rapidly cooling double cream - this creates a thicker cream.

Soured cream has been treated with lactic acid, which gives it a tangy taste. It has a thick texture but only around an 18% fat content. Use it for making cheesecakes, dips, topping nachos, and in soups and sauces – but it cannot be boiled or it will spilt.

Créme fraîche is similar to soured cream but with a milder taste. It is traditionally made from unpasteurised cream that has been left to ferment, but nowadays, pasteurised cream is thickened and soured with the addition of bacteria. It has around a 48% fat, which means it does not curdle when cooked. Serve with fresh fruit and in soups, casserole and dips. Low or half-fat crème fraîche is readily available and this means some of the fat is replaced with natural thickeners and stabilisers so that it will still hold together in cooking.

Clotted cream has the highest fat percentage of all creams at 55%. It's made by baking double cream until a delicious crust forms on the surface. This silky, butter-coloured cream is most commonly served with scones, butter and jam.

CREAM IN PASTRY

Try these recipes at home



White Forest
by chef Waddah Bou Saad

Chef Waddah Bou Saad, from Syria, is extremely passionate about pastries. He especially loves working with chocolate, and his speciality is eclairs. He worked as a pastry chef at La Serre Bistro & Boulangerie, one of the most renowned pâtisseries in Dubai, before joining Lighthouse, a new concept store in Dubai Design District.

SERVES 8

Vanilla cream
975g
35% cream
4 vanilla pods scraped out beforehand
30g inverted sugar
30g glucose
400g melted white chocolate
Chocolate cream
250g cream
250g milk
5 egg yolks
50g caster sugar
275g melted dark chocolate
Breton shortbread biscuit
225g T45 flour
4 egg yolks
15g baking powder
160g caster sugar
5g salt
160g melted butter
Chocolate genoise
80g T45 flour
6 eggs
320g caster sugar
80g cocoa powder
5 egg yolks
6 egg whites
Red berry preserve
300g red berry purée
15g glucose syrup
70g caster sugar
10g pectin
4g lemon juice
White chocolate spraying
230g white chocolate
100g cocoa butter
Paint gun
Assembly
100g cherries
White chocolate and gold leaf for decoration

Vanilla cream
In a saucepan, mix 275 g cream with the glucose, vanilla and inverted sugar on medium heat. Slowly add the chocolate. Add the remaining cream. Mix it gently until completely incorporated. Let it rest in the refrigerator for 10 hours.

Chocolate cream
Mix the cream and milk in a saucepan on medium heat. Add the sugar, egg yolks and mix until the temperature reaches 83°C. Slowly add the melted dark chocolate and mix with a mixer. Remove from heat and place it in the refrigerator for 10 hours.

Breton shortbread biscuit
Beat the egg yolks and sugar in a bowl until light. Add the melted butter, then the flour, baking powder and salt. Place a sheet of baking paper on a tray, spread the mixture on it and then cover with baking paper. Roll it out with a rolling pin (3 cm thick). Chill for four hours and then bake at 160°C for 15 minutes. Cut out a circle with a diameter of 24 cm.

Chocolate genoise
Mix the egg yolks, eggs and 160g caster sugar. Keep it aside. In another bowl, mix the egg whites and the remaining sugar. Add the egg white mixture to the egg yolk mixture. Add the flour, cocoa, and mix until completely incorporated. Spread the batter on a tray and bake at 215°C for 7 minutes. Let it cool down and then cut out a circle with a diameter of 18 cm.

Red berry preserve
In a saucepan, heat the berry purée with the glucose syrup until it reaches 40°C. Add the caster sugar and pectin. Bring to a boil. Add the lemon juice. Pour the mixture into an 18 cm mould and freeze for 1 hour.

White chocolate spraying
Heat the white chocolate and cocoa butter until the mixture reaches 45°C.

Assembly
For the first layer, put 500g vanilla cream in a piping bag and fill the base of the mould. Place the berry preserve on the vanilla cream layer and add the cherries. Put 300g chocolate cream in a piping bag and create a layer on top of the cherries, and then place the chocolate genoise on top. Put the cake in the freezer for 1 hour. Remove the cake from the mould and spray it with the white chocolate preparation. Finally, place the cake on the breton shortbread biscuit. Finish by using the remaining vanilla cream to decorate the dessert with a piping bag, along with the white chocolate and gold leaf.



Al Huda
by chef Mayada Badr

Chef Mayada Badr, from Saudi Arabia, first studied design before pursuing her passion and enrolling at the Cordon Bleu in Paris. After she returned to Jeddah in Saudi Arabia, she went on to open her own pâtisserie: Pink Camel. She is commonly known as the Macaroon Queen.

SERVES 8

Italian meringue
250g sugar
120g egg whites
70ml water
Halawa ice-cream
1lt whole milk
300ml single cream
100g egg yolks
200g sugar
250g "Halawa" paste
5g salt
Arabica pearl
200g hollow white chocolate balls, Ø 2.6 cm
100g single cream
100g white chocolate
5 cardamom pods (ground)
50g roasted coffee beans
Almond biscuit
120g ground almonds
120g butter
120g sugar
2eggs
40g flour
1g vanilla pod
Whipped cream
200g single cream
10g orange blossom essence

Italian meringue
Heat the sugar in the water until the temperature reaches 116°C. Start beating the egg whites and slowly pour in the sugar mixture. Beat for another 10 minutes and put it into a piping bag. With half of your preparation, make raindrop shapes and smooth them out until 2 mm thick, leave to dry for 24h. Keep the remaining meringue preparation aside.

Halawa ice-cream
Bring the milk and cream to a boil. In another bowl, mix the sugar and egg yolks. Pour half of the milk and cream mixture into the egg mixture, and mix until completely blended. Pour over the remaining milk mixture and cook until the temperature reaches 80°C. Remove from heat and pour over the halawa paste and salt. Mix and let it rest in the refrigerator overnight before putting it into an ice-cream maker.

Arabica pearl
Place the chocolate balls on a tray in the refrigerator. In a saucepan, heat the single cream, roast and grind the coffee beans and place them in a muslin cloth with the ground cardamom pods. Add the mixture to the cream and bring to a boil, let it simmer for five minutes, and then put it in the refrigerator for approximately four hours for it to infuse. Filter the mixture and then heat it together with the white chocolate until the chocolate melts completely. Let cool before putting it into the chocolate balls using a piping bag. Keep chilled.

Almond biscuit
In a mixer, mix all the ingredients and spread the pastry mixture onto a baking tray. Let it cool in the refrigerator for half an hour, and cut it into the desired sizes. Bake at 180°C until golden brown.

Whipped cream
Whisk the cream with the orange blossom essence.

Assembly
Place the ice-cream in a cone mould and insert an Arabica pearl in the centre. Cover with the biscuit and freeze for approximately four hours. Mix the whipped cream and the remaining meringue mixture, place the preparation in a St. Honoré piping bag and cover the frozen cones. Decorate the dessert with the dry meringue and gold leaf. Keep in the freezer until it is time to serve

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how to live in

THE DOURO VALLEY

Fancy a gourmet getaway in Portugal? Venture beyond the tourist hubs of Lisbon and Porto to explore the Douro Valley *words* FIONA FORMAN

One of the most stunning grape regions in the world, the Douro Valley in Northern Portugal is also one of the oldest, formalised in 1756. Row upon row of grapes snake over the steeply sloping hillsides, resulting in juicy, complex grapes and fantastic ports. Here you can visit the rural quintas (wineries) to see and experience grapemaking first-hand, and taste some of the best ports in the country. But it's not just the vines that make this region worth visiting. Designated a Unesco World Heritage site in 2001, the Douro is incredibly beautiful with winding scenic roads and dramatic views at every twist and turn. The region is increasingly home to fresh, modern restaurants but for a more authentic experience, make a beeline for the small local tascas and tabernas specialising in traditional cuisine, where you will find fresh seafood, creamy cheeses, and roasted kid goat.



3 must-visit restaurants

Restaurante Bar Veladouro in Pinhão has a big outdoor terrace and a beautiful riverside setting. The menu is short with options consisting entirely of grilled meat, octopus, fish and two salads. Try the sea bass: delicious in its simplicity; grilled and drizzled with lots of oil, lemon and salt, and served with a salad. The service is on the slow side, but with a view this good, you won't be in a rush to leave. Meal for two, excluding drinks, around Dhs175. +351 254 738 166.

Don't be fooled by the appearance of small, family-run restaurant **Tasca da Quinta** in Peso da Régua. It may be no-frills – menus are handwritten in little notebooks and the décor is rustic – but the traditional Portugese dishes it serves are some of the best in the Douro, and great value. There are octopus stews, plenty of bacalhau-based dishes, rojoes (slow-cooked pork and potatoes) and creamy homemade almond ice cream to finish. Book in advance as tables are always in great demand. Meal for two, excluding drinks, around Dhs150. +351 918 754 102.

Slick riverside restaurant **DOC** in Folgosa is owned by one of Portugal's best chefs (and a judge on *MasterChef Portugal*), Rui Paula. He puts a modern spin on classics like kid goat and crispy suckling pig, and there's a comprehensive grape list with 645 bottles, mostly from the Douro and some even from a quinta across the river from the restaurant. Meal for two, excluding drinks, around Dhs500. *docristorante.com*

Photographs TOM KENRICK, ©NICOLAS LEMONNIER/STOCKFOOD, NICOLS DURN/GETTY IMAGES

10 things to eat and drink

WHITE PORT & TONIC
Made from white grapes, white port is more summery and herbal than its dark, sweet counterpart, making it a refreshing aperitif with lots of ice and tonic. Try one on the terrace at **Six Senses' Vale de Abraão restaurant** as the sun goes down.

KID GOAT
Vastly overlooked in the UK, kid goat is very popular in the Mediterranean. The meat is delicate and tender, and usually slow-cooked in stews, or roasted.

PASTÉIS DE NATA
A buttery pastry case encases creamy egg custard. Dreamy. You'll find them on most hotel breakfast menus in the Douro.

BACALHAU À BRÁS
A comforting cod hash made with salt cod, eggs, black olives & fried potatoes.

ALHEIRA SAUSAGE
This pork-free sausage was originally invented by Portuguese Jews during the Inquisition. They were made of a mixture of poultry and game and smoked. Try it at **Papas Zaide** in Provesende (+351 254 731 899). At lunchtime there's no menu, instead, the owner will bring out charcuterie, cheese, bread and olives.

POLVO (OCTOPUS)
The Portuguese are big fans of octopus, and usually save it for special occasions. It's served everywhere grilled, in stews and salads. Simple is best – try it grilled and drizzled with garlic-infused olive oil at DOC.

FEIJOADA DE COGUMELOS
Food in the Douro is very meat- and fish-focused; feijodas are traditionally made with beans, pork and beef, but if you're craving something vegetarian, order feijoada de cogumelos, a version made with mushrooms and butter beans.

GRAHAM'S RUBY PORT
A rich port with chocolatey notes, Graham's ruby port is particularly good after dinner with chocolate truffles or sheep's cheese.

BACALHAU COM GRÃO
A salt cod salad with chickpeas and eggs served cold, usually eaten with other tapas.

TERRINCHO CHEESE
Made using sheep's milk, pair this soft and creamy cheese with a glass of Quinta da Boeira Reserve, a smoky, spiced red.





5 foodie travel tips

BARREL DOWN THE RIVER
Take a ride down the Douro in a rabelo – a wooden boat once used to transport port barrels to Porto. You'll taste some port on board and get a unique view of the surrounding quintas. Two-hour trip from Pinhão, Dhs90, book at *magnificodouro.pt*.

GET HIGH
Learn about the Alto Douro at **Quinta das Carvalhas** on a guided two-hour jeep ride through this 1,000-acre property with their agriculturist, Álvaro. You'll find a spectacular panoramic view at the top. After, enjoy a wine tasting with local cheeses in the estate's wine shop. Dhs325 per person. To book, email: *carvalhas@realcompanhiavelha.pt*.

VISIT A WINERY
Picnic among the vines at **Quinta do Pôpa**. Get comfy on beanbag chairs and enjoy incredible views of the valley while you eat. In September and October you can get involved with the harvest, too: learn about the grapes, help to pick and tread them and finish with a wine tasting. Picnics from Dhs120 for two; the harvest experience costs Dhs260 per person, including lunch. To book visit *quintadapopa.com*.

TASTE PORT
A port tasting is a must, and **Quinta da Bomfim** is one of the best places to do it. Owned by the Symington family, who produce a fifth of the Douro's port, including Dow's vintage and Graham's, their south-facing vineyard offers prime ripening conditions. Knowledgeable guides will show you around before a tasting of three vintage ports. Dhs85 per person, reservations only via *symington.com*.

LEARN FROM A CHEF
At **Six Senses Douro Valley** you can learn to cook Portugese food with chef Paulo Matos. You'll also get a taste of local life by accompanying him to the market to buy fresh ingredients before the class starts. Dhs875 per person, call +351 254 660 600 to book.

Where to stay
Six Senses Douro Valley is a foodie haven with restaurants serving local produce in a stylish setting, and its very own herb garden. Rooms from Dhs1,183 a night. *sixsenses.com*

How to get there
Emirates (emirates.com) flies to Lisbon directly from Dubai. TAP Portugal (*flytap.com*) flies from Lisbon to Porto directly. From Porto airport, it's 90 minutes by road to the Douro.
• Flights and accommodation for this feature were provided by Six Senses Douro and TAP Portugal.

Competition





WIN!

A **2-night stay at Al Ain Rotana,** worth more than **Dhs5,000!**

Win a 2-night stay at Al Ain Rotana in a Falaj Suite inclusive of buffet breakfast and dinner for 2 people at Zest All Day Dining!

Nestled in the luscious Garden City of The Emirates, Al Ain Rotana is a 5-star hotel boasting exceptional amenities and world-class dining. Ideally located just minutes from the city center and tourist attractions, the hotel offers the ultimate Oasis escape.

The 246-key hotel features elegant rooms, suites, studios, villas and chalets; an award-winning Zen the spa with 9 treatment rooms, a fully equipped Bodylines Fitness & Wellness Club, with tennis and squash courts; meeting rooms for off-site business meetings and events, and the opulent ballroom and exquisite gardens perfect for a wedding to remember.

Whether you are looking for tasty International cuisine, live cooking stations and theme nights at Zest All Day Dining; live performance and indoor and outdoor seating at both the famous Min Zaman Lebanese Restaurant, and world-renowned Trader Vic's Restaurant and Mai Tai Bar; or dancing the night away at Moodz Lounge Bar. There is something for everyone at the Al Ain Rotana hotel.

Hold your business meetings, events or exhibitions meeting rooms for off-site business meetings and events, and the opulent ballroom and exquisite gardens perfect a wedding venue. Or ask for a distinctive outdoor catering and patisserie service for your events and celebrations.

Pop-in and dine in one of the gourmet outlets, hold your business meetings, events or exhibitions; work-out in the fully equipped Bodylines Fitness & Wellness Club, or simply enjoy a relaxing day-cation pampering at Zen the spa or lazing by one of the refreshing swimming pools. Al Ain Rotana is your desert oasis.

The prize draw for a 2-night stay at Al Ain Rotana will be made at the end of January 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. T&C apply.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

How many treatment rooms are there at Zen the spa?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.

Competition







WIN!

A **6-month membership to RIVA Beach Club, Palm Jumeirah,** worth **Dhs5,000!**

Win a 6-month membership with pool, beach and gym access at RIVA Beach Club at Palm Jumeirah, Dubai!

The first standalone independent beach club to open in Dubai, RIVA – an award-winning Ristorante, Bar and Beach – is located on Palm Jumeirah with stunning views of the Arabian Gulf and Dubai's skyline offering a relaxed and vibrant destination perfect for any occasion.

Swim, dine and unwind amidst RIVA's own stretch of beach, climate-controlled pool, Mediterranean restaurant and fully-licensed al fresco Gazebo Bar. RIVA Lite, its innovative food and beverage concept, rotates over 100 dishes daily serving home-style and healthy food and beverage selection.

The prize draw for the 6-month membership to RIVA Beach Club will be made at the end of January 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

What cuisine does RIVA Beach Club's restaurant serve?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

DINNER FOR 2 AT LE PETIT CHEF AT HILTON AL HAMRA BEACH & GOLF RESORT! WORTH DHS690

The winner will receive dinner for two to experience Le Petit Chef; The World's Smallest Chef, at Hilton Al Hamra Beach and Golf Resort in Ras Al Khaimah. This is the first time the digital animation show comes to the emirate and guests can experience the six-course experience within a five-star hotel.



WIN!

A SELECTION OF RICE TABLEWARE FOR THE WHOLE FAMILY! WORTH DHS500

Danish homeware and accessories brand RICE is bringing every day magic to tables across the UAE with their range of family-friendly tableware. With cool, bold designs, their Autumn Winter 17 SHINE collection means that little ones can now match their parents and older brothers and sisters too. All tableware is made from melamine, a miracle material - truly versatile and durable - that embraces the cornerstone of the RICE philosophy: funky, fun and functional.



WIN!

FRIDAY BRUNCH FOR 2 AT BICE RISTORANTE! WORTH DHS590

Every Friday from 12.30pm to 4pm brunchgoers are invited to savour an authentic Italian brunch with different entertainment or culinary elements at BiCE Ristorante, Hilton Dubai Jumeirah. Soak up the vibrant atmosphere and enjoy the a la carte offering, including mouthwatering-shared starters, pasta and mains with live cooking stations and a dedicated dessert station. Be it a family affair or a catch up with friends, this brunch is sure to impress with the best in Italian flavours.



WIN!

A DINING VOUCHER FOR QD'S, DUBAI CREEK GOLF & YACHT CLUB! WORTH DHS500

With its chic atmosphere, QD's is the ultimate place to chill out whilst enjoying spectacular Creek views! This winter, guests can sit by the water and indulge in a host of superb food selection and beverages while enjoying beautiful views of the iconic skyline and Dubai Creek. Open daily from 5pm til late.



WIN!

A BEKO TURKISH COFFEE MAKER! WORTH DHS549

Brew up to four cups of delicious coffee with the Beko Turkish Coffee Maker. This great looking coffee maker makes the perfect cup of coffee every single time with the help of its Cook Sense Brewing System. The 670 W power rating ensures that your coffee is prepared quickly. It blends the right amount of foam and coffee with its unique Spin Jet System, which mixes the coffee evenly and provides the perfect blend of foam over coffee that manual stirring cannot. The Anti Spill system recognises the required water amount and dispenses it and prevents liquids spilling, saving you time monitoring the brew, and audible and illuminated lights provide brewing status to alert you once your coffee is ready.



WIN!

A DINING VOUCHER TO SPEND AT TUB OF BUTTER RESTAURANT! WORTH DHS500

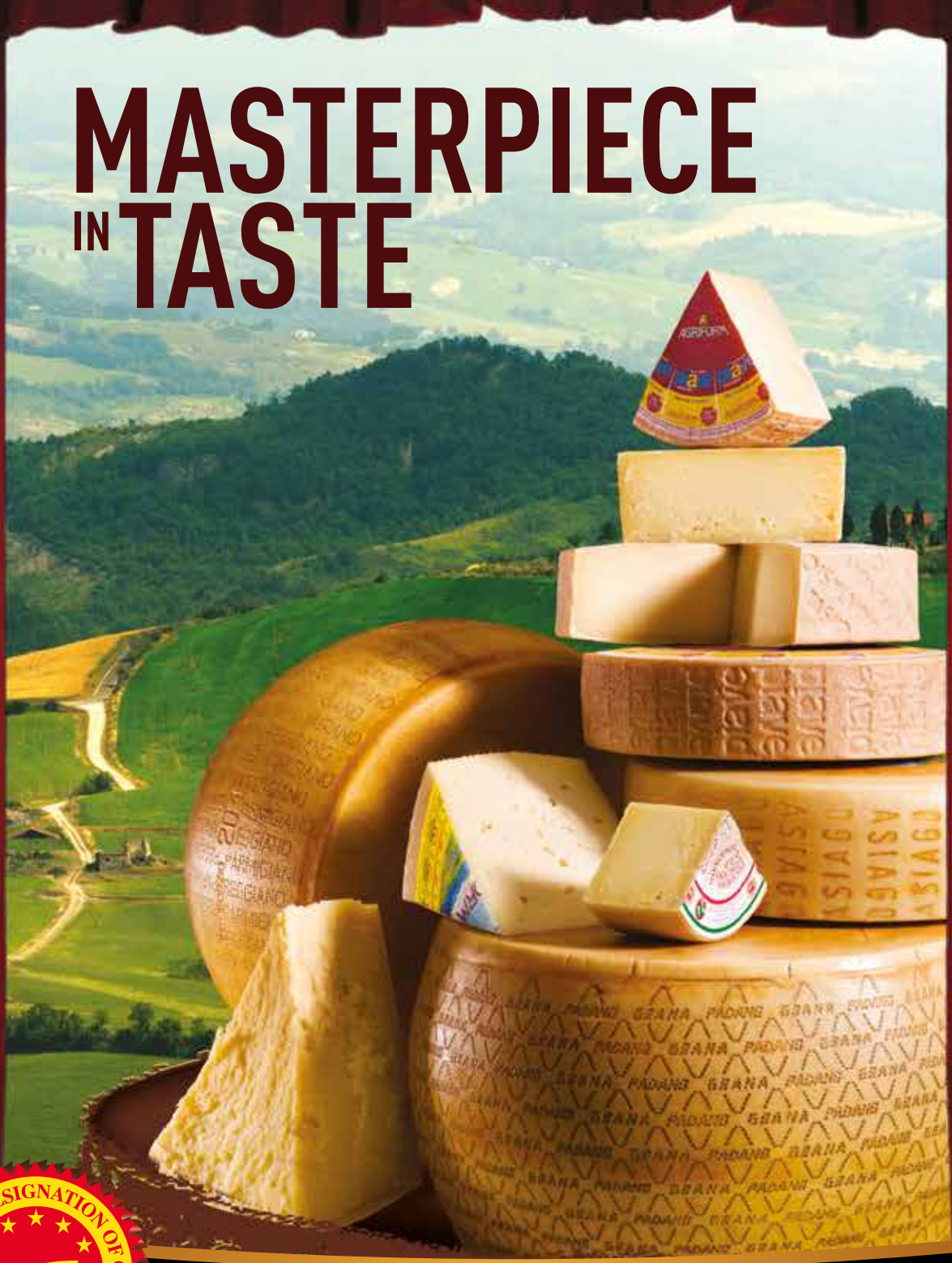
Tub of Butter, a newly developed fine food concept in Dubai offers a casual dining space available for eating in and a healthy wholesome lunch on the go. With it's convenient location just off the side of Sheikh Zayed Road - along with its eclectic coffee, bakery, and deli counter, combined with its modern artwork and interiors with exposed hanging light bulbs. Tub of Butter's menu is inspired by modern Mediterranean cuisine, signature dishes include a freshly baked pizza, a range of healthy salads and a selection of beautifully hand-crafted desserts. With such a wide variety of unique breakfast, lunch, dinner and snack options available, customers will be spoilt for choice amid the selection of pastries, cakes, sandwiches and salads - all made fresh, daily by Tub of Butter's in-house pastry chef. Tub of Butter embraces family life with a fun kids' corner with kids' magazines, sticker books, toys and lots of crayons for the colouring in books to keep them entertained.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


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